

# COLUMBIA TRACK CLUB

## NEWS

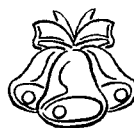
Volume XXXIV No. 9

December 2001



### Jingle Bell 5k

#### November 17, 2001



We had a 52 degree temperature with fog that greeted and put 434 runners and approximately 125 walkers in the holiday spirit at the Jingle Bell 5K. To pull this off, I had wonderful quality people who assisted: Thanks to Steve, Jason, and the rest of the fine staff at Tryathletics for use of the their facilities and for taking of all of the phone calls before and after the race. Thanks to Jim and Jimmy Keown for their data entry and analysis the day of the race. To Rod Hartwig for his patience in determining the manual results. To "Bullet Bob" Humphreys and to "Jumpin Jay" Hasheider for being the runners with the results. To Steve Stonecipher-Fisher for coordinating the chutes and to Paula Rubinstein, Scott Dressel, Joe Cragin, Cheryl Hardy, Marie Dickerson, and to Mike Kaylen (after he ran!) for assisting in making the chutes go so smoothly. A special thanks to Korben Rice, a six month old volunteer. Also to Tom Allen and Colin Doggett for keeping track of the times. I wish to end by saying a special thank you to: 1. Amy Gundy who month after month puts out the best track club newsletter in the nation, 2. Tom Allen who month after month is there for every race keeping perfect times, and to 3. Steve, who has the best running and bike store in the country. He handles calls every month on all the races, including complaints. We did have some errors in the placing of results with the announcements of female finishers Saturday morning, and I am sorry.

—Race Director Randy Gay

*Editor's note:* A big THANKS to Randy Gay who, with enthusiasm and grace, takes time out of his life to direct this very popular event.

(results, p. 4-5)



### Upcoming Events:

- **First Night 5k** The Mayor's Council on Physical Fitness and Health, along with Boone Hospital Center's WELLAWARE department, Tryathletics, Cyclextreme, Will B Free, Main Squeeze, Shakespeare's Pizza, University's, MC Sports and the Columbia Track Club, are sponsoring the First Night 5k, Dec. 31, 2001 at 4 pm. The race will begin at Flat Branch Park. The \$13 race fee will include a long sleeve t-shirt and a First Night admission button. The entry form is enclosed in this newsletter.
- Beginning Feb. 27 and continuing through the end of May, CTC will hold coached speed workouts at Hickman Track at 7 pm on Wednesday nights. Details will follow next year.

### Quote of the Month

*"Don't clench your fists in a white-knuckle grip. Instead, run with a cupped hand, thumbs resting on the fingers, as if you were protecting an egg in each palm."*

—Runner's World Editors

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

**November 8, 1976** 3 Mile Turkey Trot, Shaw Park, St. Louis: 1. Tim Donovan 14:41. . .5. Jim Nowak 15:02. . .7. Dennis Stewart 15:12. . .10. Walt Renaud 15:27. . .16> Don Lewis 15:34. . .19. Ben Londeree 15:40. . .21. Dick Hessler 15:51. . .29. Augie Hirt 16:19. . .42. Turk Storvick 17:14. . .54. Olen Brown 18:07 55. Doug Duncan 18:16 56. Wesley Paul 18:37. . .60. Joe Duncan 19:01. . .Amy Hessler 22:08 This was a triangular meet between CTC, SLTC and the Illinois Valley Striders. CTC won the meet with 35 points, SLTC 38 and IVS 75. In the dual meet scoring with SLTC it was SLTC 150, CTC 154 in the Open, CTC 32, 40 & OVER, SLTC 46 and a 5-5 tie for the women.

**November 13, 1976** 20 kilo run: 1. Nowak 1:11:02. . .3. Don Granberg 1:16:50. . .5. Tom Hinckley 1:17:26. . .7. Londeree 1:18:56. . .Wesley Paul 1:28:05. Theresa Knapp won the women's 10 kilo in 55:48. This was the beginning of consistent participation by women in CTC events. Theresa was the first and for several months she was alone.

**November 27, 1976** 10,000 meter run, MVAAU track championship: 1. Jon Herbert 33:19 2. Doug Clark 33:40 3. Dave Harris 33:53 4. Stewart 34:16 5. Renaud 34:33 6. Hessler 35:11 7. Londeree 35:43. . .13. Joe Marks 40:25. . .16. Wesley Paul 41:52 (an American record for age 7), 17. Joe Duncan 42:13 & 14 others  
The Walk: 1. Rob Spier 1:03:34. . .3. William Taft

**CTC Board of Directors**

Dick Hessler, president  
Mark Wilson  
Randy Gay  
Jeanine Pagan  
Amy Gundy  
Marc Keys  
Angela Passanise

Tom Allen, secretary -treasurer  
Joe Duncan  
Mark Volek  
Scott Rubinstein  
Jay Hasheider  
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:

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Ph: (573) 874-2407 e-mail: gundy@tranquility.net

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

**Running Shorts. . .**

- ♦ Look for your 2002 CTC schedule in the mail along with your membership renewal form.
- ♦ Don't forget the Saturday morning running group. Meet at 7 am on Saturday mornings by the Columbia Courthouse columns for a run full of camaraderie. All ages and speed levels welcome.
- ♦ Keep sending those ideas for runner profiles. Better yet, send me YOUR runner profile!

**25 years ago, continued:**

1:17:00 4. Henry Bent, 76, 1:19:54

**December 4, 1976** 30 Kilo MVAAU Championship: 1. Herbert 1:45:21 2. Hessler 1:46:49 3. Dave Harris 1:48:21 4. Renaud 1:50:53 (still the age 40+ record), 5. Londeree 1:56:30. . .10. Jerry Kokesh 2:06:18. . .12. Wesley Paul 2:13:45 13. Joe Duncan 2:16:16 & 12 others

**December 18, 1976:** 10 Mile Holiday Cheese & Sauerkraut Run: 1. Renaud 57:30 (another 40+ record) 2. Londeree 59:21 3. Hinckley 59:40. . .4. Pete Pastoret 1:00:02 5. Mike Chippendale 1:01:20 6. Augie Hirt 1:02:03. . .10. Rex Frazer 1:02:52 11. Lewis 1:03:32 12. Hessler 1:03:36. . .20. Joe Duncan 1:08:54 21. Wesley Paul 1:09:40. . .28. Don Johnson 1:16:43  
Henry Bent and Bill Taft walked in 2:07:20

**Welcome New CTC Members**

Amanda Archer  
Matthew Dreier  
Ben Francisco  
Jon & Kerry Geffen  
Julie Miller  
Angela Passanise  
Scott Ronis

Columbia  
Columbia  
Columbia  
Columbia  
California, MO  
Columbia  
Columbia

# CTC Runner Profile



## Joe and Daniel Lopez Father/son runners

Age: 48 and 13

### PERSONAL RECORDS:

Joe - 22:46 2001 Homecoming 5K

Daniel - 22:17 2001 Homecoming 5K

We both trained hard for weeks for this event.

**WEEKLY MILEAGE:** about 8 miles

### WHEN DID YOU START RUNNING?

Joe: My first race was an 880 race in grade school in Illinois. Later I ran cross country for Wagner High School at Clark Air Force Base, Philippine Islands. My most memorable race was a 1968 3K race in Manila in the blistering heat. I still keep the

plaque on our bookshelf.

Daniel: During 5<sup>th</sup> grade, I ran before going to my violin classes to see how I liked running; I eventually got hooked and now I run 5K races and run for fun and training for races. I was part of my 7<sup>th</sup> grade school track team.

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

Joe - Jim Ryun, Ayrton Senna, Daniel Lopez, and the Hessler Legends

Daniel - I am my own role model, I race against myself.

### WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA?

Joe - the MKT Trail

Daniel - in the street around Bethel Park and Gentry Middle School

### PERSONAL INFO AND INTERESTS:

Joe - Travel, coach the boys' soccer teams, tennis, golf, international soccer, F1 Grand Prix auto racing, and watching sci-fi and classic comedy movies with wife Fabiola, Daniel, and his brother David.

Daniel - referee soccer games, play soccer and tennis, read and do anything that involves Star Trek.

*This is a letter from a former CTC member doing research for NASA at Truman State:*

Basically, NASA uses a stationary bicycle test of their own design to estimate the maximum oxygen uptake of their astronauts for use in determining oxygen demand during spacewalks, etc. However, since the NASA lab does not actually take the astronauts all the way to maximum effort, they have questions as to whether or not the submaximal test accurately predicts the maximum. They have asked our lab to answer this question for them by taking a group of similar individuals all the way to maximum on the stationary bike to see if this maximum could have been reliably predicted at a lesser effort earlier in the test.

I was surprised to learn that the average age of an astronaut is 43 years old, so we are trying to find a group of people who are of astronaut age (we are saying between 30 and 60 years old) and of astronaut physical fitness level (pretty darn good). From my time in the CTC I know there are several outstanding athletes in that age range among your membership.

Participants would ride a stationary bicycle to their maximum effort while breathing in a mouthpiece to measure their actual maximal aerobic capacity (VO2 max). This would take about 30 minutes in the lab, but it would have to be up here at Truman State University in Kirksville, about 90 minutes north of Columbia. Participants would learn their cycling VO2 max, but there is no other incentive for volunteering, aside from helping out the space program.

Interested athletes should contact:

Dr. James Padfield  
Health & Exercise Sciences  
Truman State University  
Kirksville, MO 63501  
e-mail: padfield@truman.edu

phone: (660) 785-4406

**Jingle Bell 5k**

1 Nathan Smith 16 16:23	56 Chris Hayday 31 21:13	112 Scott Rector 25 23:57	167 Rob Weagley 49 26:04
2 Jason Havey 17 16:24	57 Matt Sweetwood 32 21:15	113 Naomi Dickerson 15 24:01	168 Briana Belding 21 26:07
3 Marc Keys 39 16:50	58 Robert Simmons 59 21:16	114 Lisa Sinclair 23 24:05	169 Lucas Green 20 26:12
4 Lucas McMillen 20 16:51	59 Hector Neff 48 21:20	115 Mindy Briscoe 13 24:07	170 Joanie Arthur 42 26:17
5 Delbert Marriott 32 16:57	60 Eric Bassett 31 21:20	116 Sonya Lacy 14 24:07	171 Liz Straatman 41 26:22
6 Matthew King 21 17:09	61 Jamie McKinney 17 21:30	117 Mark Blount 44 24:13	172 Ed Bordeleau 45 26:23
7 James Carlson 20 17:17	62 Melissa Skrabal 23 21:39	118 Gayle Lizenbart 38 24:15	173 Kelle Reach 24 26:26
8 William Kelly 17 17:18	63 Diana Meyer 15 21:40	119 Angeline Del Santi 25 24:16	174 Keval Mehta 24 26:26
9 Tim Cornell 15 17:19	64 Lisa Wells 38 21:46	120 Ashley Miles 14 24:18	175 Pratik Mankidy 23 26:27
10 Kurt Schauwecker 14 17:27	65 Runyan Kent 52 21:47	121 Brannnon Turner 22 24:18	176 Katie Desplinter 18 26:28
11 Patrick Steward 32 17:30	66 Derek Garnas 16 21:47	122 Gina Henry 26 24:19	177 Steve Crowe 43 26:29
12 Patrick Hanson 17 17:32	67 Gregory Hosa 20 21:49	123 Craig Miller 31 24:19	178 Safire Stevens 22 26:31
13 George Price 17 17:37	68 Casey Dodam 12 21:49	124 Krista White 35 24:28	179 Neal Miller 57 26:31
14 Aaron Cooper 17 17:42	69 Antionette Marsh 36 21:49	125 Michael Koonse 51 24:29	180 Mina Hayes 23 26:32
15 Gary Lile 43 17:44	70 Daniel Tse 16 21:50	126 Shelly Grabe 27 24:33	181 David Kurtz 32 26:33
16 Jay Kirby 17 18:08	71 Aaron Briscoe 16 21:51	127 Rachel McCarville 18 24:34	182 David Oldfield 56 26:35
17 Anthony Larangeira 16 18:08	72 Brad Wright 51 21:53	128 Peter Mueser 48 24:34	183 Cynthia Woods 49 26:36
18 Aaron Castillo 15 18:08	73 Austin Graves 16 21:54	129 Trevor Muzzy 9 24:35	184 Lori Pezold 26 26:36
19 Daniel Mason 21 18:15	74 Marzawa Tomicki 32 21:58	130 Paul Schneider 33 24:42	185 Dennis McDueitt 59 26:40
20 Wade Reck 28 18:16	75 Daniel Lopez 13 22:01	131 Tiffany Gerling 17 24:50	186 Danielle Ess 29 26:40
21 Kevin Tyler 45 18:24	76 Patrick Cornell 12 22:04	132 Joe Duncan 67 24:50	187 Cecile Desair 45 26:44
22 Alison Hodgson 22 18:27	77 Ian McLeod 15 22:05	133 Silas Koonse 51 24:51	188 Kira Reyes 17 26:45
23 Ben Mason 18 18:34	78 Hugh Emerson 44 22:13	134 Dennis Pulley 41 24:53	189 Leann Renn 45 26:46
24 Phillip Vance 16 18:55	79 Seth Weinberg 17 22:15	135 Katrina Sommers 15 24:53	190 Tracy Getman 26 26:46
25 Kristen Moore 26 18:56	80 Matt Waterman 38 22:22	136 Matthew Funke 25 25:04	191 Jim Peregoy 36 26:47
26 Terry Hart 41 19:16	81 Richard Nistendnk 61 22:26	137 Bradley Volmert 26 25:05	192 Joe Vradenburg 37 26:47
27 Chris Kuehne 29 19:35	82 Les Foyto 41 22:26	138 Travis Jacobs 25 25:09	193 Pam Peters 15 26:48
28 Andy Shirkey 33 19:44	83 Clint Humphrey 24 22:26	139 Jennifer Johnson 27 25:12	194 Jodi Bales 35 26:54
29 Rustin Reys 17 19:45	84 Matt Cnerri 19 22:30	140 Robin Blount 44 25:16	195 Phil Watts 35 26:55
30 Matthew Preier 26 19:46	85 David Cogan 30 22:32	141 Kristen Franz 22 25:17	196 Nathan Pera 26 26:57
31 Kevin Hough 15 19:46	86 Emilie Raymond 28 22:35	142 Cortney Lang 22 25:17	197 Lance Swenson 30 26:58
32 Laura Hillard 18 19:49	87 Chuck Archer 38 22:35	143 John Fougere 36 25:18	198 Su Troske 39 27:01
33 Brad Harr 16 19:52	88 Tony Taube 43 22:38	144 Glenda Young 48 25:22	199 Alan Forester 29 27:07
34 James Jergenson 40 19:53	89 Damon Vertrees 28 22:39	145 Angela Passanise 29 25:22	200 Sally Becker 31 27:12
35 Mark Kelty 45 19:58	90 Aileen Gallagher 14 22:48	146 Leslie Matthews 40 25:24	201 Paul Peterman 53 27:13
36 Nancy Taube 41 20:01	91 Mick Crowley 38 22:51	147 Camy Hangh 24 25:27	202 Dan Obrecht 36 27:13
37 John Victor 17 20:02	92 Joe Lopez 48 22:52	148 Chris Wilson 34 25:27	203 Deena Nyer 24 27:14
38 Kai Reyes 15 20:02	93 Jon Hathcock 29 22:56	149 James Deem 38 25:28	204 Ken Hainworth 11 27:15
39 Carter Twitty 17 20:16	94 Scott Holdridge 26 22:58	150 Angela Bashore 29 25:29	205 Ric Bush 49 27:17
40 John Elliott 16 20:17	95 Victoria Powell 18 22:59	151 Blake Randolph 18 25:29	206 Spencer Miller 8 27:18
41 Steve Spence 22 20:18	96 Edward Rollins 42 23:00	152 Ramona Mack 41 25:30	207 Callie Chance 12 27:20
42 Sarah Phillips 15 20:20	97 Jon Rosen 49 23:06	153 Suporn Wonguatanyu 40 25:36	208 Wendy Carlson 23 27:20
43 Cole McCollum 27 20:22	98 John Schulz 44 23:07	154 Jennifer Haasis 21 25:36	209 Lauren Seabaugh 13 27:30
44 Richard Hessler 60 20:23	99 Marvin Mack 49 23:12	155 Dela Marshall 41 25:39	210 Kiki Kruse 13 27:34
45 Scott Ronis 24 20:24	100 Jason Bricker 27 23:12	156 Heather Reynolds 17 25:40	211 Stan Keicher 50 27:35
46 Burton Heller 30 20:35	101 Dan Peterson 25 23:21	157 Mary Roberts 55 25:42	212 Joshua Meyerpeter 20 27:39
47 Hugh Murrell 36 20:36	102 Clint Muzzy 11 23:24	158 Stephen Schmitt 29 25:44	213 Jena Meyerpeter 20 27:39
48 Glen Decker 25 20:38	103 Jeff Michael 41 23:28	159 Leigha Morris 17 25:46	214 Lisa Wright 30 27:41
49 Sean Wright 24 20:41	104 Stephanie Smarr 16 23:33	160 Rebecca Fitzpatrick 30 25:49	215 Lucas Smith 27 27:44
50 Aaron Coburn 20 20:42	105 Phoebe Bene 14 23:40	161 Verne Horne 44 25:56	216 Mari Friedman 26 27:51
51 Michael Kaylen 47 20:50	106 David Elliott 26 23:45	162 Melinda Powell 27 25:58	217 Steve Friedman 32 27:51
52 John Adams 40 20:52	107 Nanci Hagenhoff 17 23:48	163 Tom Elliott 50 25:59	218 Krista Vieffhaus 20 27:57
53 Kevin Rogers 27 21:01	108 Amy Zimmerman 25 23:49	164 Amy Morer 25 25:59	219 Kim Meyer 21 27:57
54 Chris Cottone 19 21:06	109 Don Corwin 44 23:53	165 Erika Lockerd 24 26:02	220 Kevin Hayward 28 28:04
55 Tammy Beasley 27 21:07	110 Tom McAreary 39 23:56	166 Tyler Cornell 10 26:02	221 Jennifer Glover 30 28:07
	111 Meghan Coburn 14 23:56		

(Continued on page 5)

# Ring in the New Year



**DATE:** December 31<sup>st</sup>, New Year's Eve

**RACE STARTS** at 4:00pm

**LATE REGISTRATION/PACKET PICK-UP** the day of the race 3:00 - 3:45pm at Cyclextreme

**ENTRY FEE** pre-registration - \$13 (before December 28<sup>th</sup>) or \$16 the day of the race. \*Cost includes: long sleeved t-shirt and First Night Admission Button

**AWARDS** will be given to the top three finishers for both males and females, along with drawings for all participants in the 5k

**Sponsors include:** Boone Hospital Center's WELLAWARE Program, Columbia Track Club, Cyclextreme, EcoWater, Mayor's Council on Physical Fitness and Health MC Sports, Shakespeare's Pizza, Tryathletics, Universi-T's and Will B. Free

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Event: 5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

T-Shirt Size: S M L XL

Amount Enclosed: \_\_\_\_\_ (Add \$15 and join the Columbia Track Club)

Make Checks Payable to: First Night Columbia

Mail registration forms to:

Boone Hospital Center, WELLAWARE

1600 E. Broadway, Columbia, MO 65201

Attn: Dana Fedenia Box 57

Or return forms to Tryathletics, Will B. Free, or Cyclextreme

Waiver: (Participants under age 18 must have guardian signature to be accepted)

I am aware that participating in a running/walking event is potentially hazardous. I am aware I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and assume any and all other risks that are foreseen and unforeseen, including, but not limited to, the risks of falls, the effects of weather, condition of roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and his judgement will be final.

Knowing these and other facts, and in consideration of your accepting my entry to participate in the first night 5k, I hereby, for myself, heirs, personal representative, and anyone else who may claim on my behalf, covenant not to sue, and waive and release Boone Hospital Center, the BJC Health System, the Columbia Track Club, the City of Columbia, including their agents, employees or others acting on behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I also promise that I will not wear headphones while participating in this race. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video graphs, motion picture recordings, or any other record of this event for any purpose whatsoever.

Signature \_\_\_\_\_

Parent or guardian signature if under 18 \_\_\_\_\_

(Continued from page 4)

222 Jess Newkirk 55 28:08	261 Lynn Kirk 44 29:16	301 Cindy Bley 40 31:07	340 Dannessa Nathes 19 32:27
223 Gina Muzzy 40 28:11	262 Kirsten Seaberg 15 29:17	302 Karen Reider 39 31:08	341 Lori Schoemehl 29 32:30
224 Cindy Schneider 30 28:14	263 Jacinda Farrales 32 29:25	303 Darcy Graham 26 31:10	342 Amy Branaum 28 32:31
225 Rebecca Gay 16 28:15	264 John Shikles 13 29:28	304 Megan Hart 20 31:12	343 Amber Cox 26 32:31
226 Kelly Simon 15 28:18	265 Ellen Bogard 27 29:31	305 Julie Wagner 31 31:13	344 Elizabeth Giuliano 33 32:31
227 Anna Gross 15 28:20	266 Laura Baty 19 29:34	306 Patrikia Avery 48 31:14	345 Christina Morian 40 32:32
228 Gary Fennwald 50 28:26	267 Denise Holdorf 47 29:34	307 Charlotte Dean 54 31:16	346 Jon Lawson 39 32:34
229 Mary Storey 29 28:27	268 Don Waltman 66 29:35	308 Emily Stoll 15 31:17	347 Rochelle Sherman 49 32:35
230 Hoa Ngo 30 28:27	269 Anna Bard-Cone 32 29:35	309 Alyssa McLeod 17 31:19	348 Jennifer Harris 23 32:48
231 Michelle Jeffcott 23 28:28	270 Rita Gibson 36 29:36	310 Caroline Cue 35 31:21	349 John Rines 27 32:57
232 Kristina Jackson 31 28:31	271 Regina Johnson 42 29:44	311 Griffin Humphreys 9 31:22	350 Pat Fowler 42 32:57
233 David Lopez 11 28:31	272 Maggie Grady 25 29:46	312 Nancy Fritsch 62 31:22	351 Kerry Keating 29 33:03
234 Pam Weagley 44 28:32	273 Helen Tergin 27 29:46	313 Leslie Schneider 46 31:24	352 Lewis Mead 70 33:04
235 Ellie Hock 15 28:33	274 Andrea Allen 55 29:49	314 Nancy Sublette 49 31:25	353 Julia Grant 29 33:06
236 Amanda Blackwell 24 28:33	275 Kerry Mulvania 29 29:52	315 Tricia Stingley 39 31:30	354 Windy Nothrup 32 33:10
237 Angie Lundy 24 28:34	276 Becky Goodloe 31 29:54	316 Karen Marek 46 31:31	355 Lynn Montgomery 47 33:15
238 Addie Arment 17 28:36	277 Michele Porter 38 29:57	317 Sharon Hibdon 50 31:31	356 Brooks Yang 13 33:16
239 Meghan Burkett 17 28:36	278 Sabrina Abramovitz 12 30:00	318 Annette Humphreys 39 31:38	357 Tess Doumas 11 33:19
240 Jennifer Wiemer 16 28:37	279 Victoria Summers 35 30:06	319 Nichole Klingele 29 31:40	358 Linda Pedrole 38 33:20
241 Emily Winter 14 28:40	280 Julia Defriewe 20 30:11	320 Emily Tolie 24 31:40	359 Richard Pedrole 41 33:21
242 Gilbert Parra 27 28:41	281 Ronald Defriese 56 30:11	321 Suzanne Wright 51 31:41	360 William Wolkoff 63 33:30
243 Dawn Wacker 46 28:42	282 Meredith Miles 12 30:17	322 Jill Gamlin 33 31:48	361 Michelle Cecil 44 33:35
244 Michael Henry 54 28:42	283 Abigail Quinn 21 30:20	323 Ellen Thomas 37 31:49	362 Gwenna Peters 44 33:38
245 Dan Wichern 46 28:44	284 Jennifer Ross 23 30:20	324 Meredith Park 26 31:53	363 Melissa Robinso 23 33:41
246 Janet Brandt 50 28:50	285 Sherry Corwin 42 30:22	325 Kristen Harris 13 31:54	364 Brenda Beckerman 26 33:41
247 Bob Reys 60 28:50	286 Wendy Spratt 33 30:26	326 Cynthia Duncan 37 31:56	365 Boots Gerhardt 81 33:43
248 Jon Kruse 33 28:50	287 Barney Sword 70 30:28	327 Greg Trachsel 28 32:01	366 Kerry Hayward 26 33:53
249 Donna Pavlick 49 28:56	288 Brian Travis 26 30:28	328 Jennifer Trachsel 24 32:02	367 Paula Heaviland 41 33:59
250 Mark Manary 31 28:57	289 Mindy Powell 22 30:28	329 Ian Thomas 39 32:03	368 Sharon Boland 37 34:04
251 Lucia Demaio 24 29:03	290 Cat Heinz 38 30:29	330 Kristi Phillippee 81 32:03	369 Linda Andrews 45 34:06
252 Alexi Kanago 15 29:04	291 Katie Whitener 44 30:37	331 Megan Billings 16 32:04	370 Charlene Roberts 48 34:22
253 Wilson Sundvold 08 29:05	292 Jim Kottmeyer 26 30:38	332 Christine McCollum 31 32:05	371 Bill Sitzes 22 34:36
254 Justin Miller 9 29:11	293 Joan Asbee 49 30:41	333 Erin Paulsmeyer 21 32:07	372 Jennifer King 23 34:36
255 Jordan Bley 9 29:12	294 Joe D. Simmers 48 30:45	334 Jeanelle Twillman 69 32:08	373 Jan Battern 49 34:42
256 Fabiola Lopez 43 29:12	295 Whitney Reys 14 30:51	335 Linda Vogt 54 32:10	374 Jeanette Lafoe 35 35:00
257 Georgia Morehouse 68 29:13	296 Nancy Shikles 39 30:56	336 Christine Ku 15 32:11	
258 Jenny Bellington 22 29:14	297 Tina Hall 29 30:59	337 Emily Wilson 15 32:15	
259 Ellie Gardner 17 29:16	298 Amy Wilson 31 31:01	338 Beth Wilson 35 32:23	
260 Jc Peters 50 29:16	300 Karla Rumpf 38 31:07	339 Tammy Williams 41 32:25	

**Cross Country 5k****Nov. 11, 2001**

1. Tim Langen	16:52
2. Gary Lile	18:21
3. Anthony Larangeira	18:26
4. Scott Mantooth	18:35
5. Mark Wilson	19:01
6. Kevin Tyler	19:39
7. Jimmy Keown	19:44
8. Andy Shirkey	20:31
9. Antoinette Marsh	21:53

10. Joshua Mantooth	21:55
11. Daniel Lopez	22:42
12. Hugh Emerson	23:30
13. Joe Lopez	24:30
14. Jim O'Dell	25:40
15. Elaine Foster	26:38
16. Jessica Boeckman	26:46
17. Chris Boeckman	26:47

—race director Marc Keys

### CTC Loves Volunteers!!

The Columbia Track Club would like to reward its volunteers who spend many hours "running" races. Below is a list of the club's races for 2002. If you can help out at any race, please give the race director a call. Check off the races for which you volunteer, and it will be worth a **15% discount** on CTC logo clothing items at Tryathletics. We need you! Our club relies on volunteers to enable each race to "run" smoothly. Thank you!

Volunteer	Date	Time	Event/Distance	Race Director/Phone	Start Location
<input type="checkbox"/>	1/12	8 am	Runner's Choice 10K/20K	Mark Wilson, 443-5171	Bethel Park
<input type="checkbox"/>	2/2	9 am	Nut Race 5-K	Dick Hessler, 874-2906	Reactor Park
<input type="checkbox"/>	2/27-5/22	7 pm	Track workouts	TBA	Hickman Track
<input type="checkbox"/>	3/16	8 am	St. Patrick's Day 5-K	Scott Rubinstein, 447-3733	
				Steve Stonecipher-Fisher, 447-2453	Courthouse square
<input type="checkbox"/>	4/6	9 am	Two-Person Relay 5 miles	Kurt Kennett, 573-642-3221	Hickman Track
<input type="checkbox"/>	4/27	10 am	Show-Me Stampede 5-K	Joe Duncan, 445-2684	Reactor Park
<input type="checkbox"/>	5/4	8 am	Joe Marks Memorial Human Race XXIV	Angela Passanise, 474-8373	
				Dave Coogan	Rock Bridge High School
<input type="checkbox"/>	5/11	8 am	Spring Couples Run/Walk	Amy Gundy, 874-2407	Bethel Park
<input type="checkbox"/>	5/19	8 am	Jeff Shikles Memorial 8k Run/Walk	Joe Cragin, 442-1495	Gentry Middle School
<input type="checkbox"/>	5/27	10 am	WellAware 5-K	Mark Volek, 874-0278	103 Corporate Lake Dr.
<input type="checkbox"/>	6/4-6/25	7 pm	Summer All-Comers Track	Marc Keys, 256-2635	Hickman Track
<input type="checkbox"/>	6/12	6 pm	Summer Youth Program	Tom Allen, 449-5655	
				Linda LaFontaine, 442-2581	Hickman Track
<input type="checkbox"/>	6/22	7:30 am	Show-Me State Senior Games 5-k (10-k June 23)	Joe Duncan, 445-2684	
<input type="checkbox"/>	7/6	7 pm	Distance Medley 3,200, 1,600, 800	Stephen Bourgeois, 875-3001	MU Track
<input type="checkbox"/>	7/28	8 am	Show-Me State Games 5-k	Joe Duncan, 445-2684	East side of Faurot Field
<input type="checkbox"/>	8/3	7 am	Great Sandbagger 5 miles	Dick Hessler, 874-2906	Mill Creek Elem School
<input type="checkbox"/>	9/2	6 am	Heart of America Marathon	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center
<input type="checkbox"/>	9/21	8 am	One Hour Run	John Patton, 443-1636	
				Gary Stamper, 234-1725	Hickman Track
<input type="checkbox"/>	10/19	8 am	M.U. Homecoming Stadium Run 5-k run/walk	Scott Dressel, 751-9203 / 696-3384	Faurot Field
<input type="checkbox"/>	10/27	9 am	Cross Country Series: 10k/ Half-marathon Trail Run	Angela Passanise, 474-8373	Rock Bridge Devil's Icebox
<input type="checkbox"/>	11/3	1:30 pm	Cross Country 5k	Christian Reed, 442-8838	
				Stephen Bourgeois, 875-3001	Stephens Lake
<input type="checkbox"/>	11/10	1:30 pm	Cross Country 5k	Marc Keys, 256-2635	Bethel Park
<input type="checkbox"/>	11/23	8 am	Jingle Bell Run for Arthritis 5k	Randy Gay, 814-2627 or 815-3706	TBA
<input type="checkbox"/>	12/7	8:30 am	Cheese & Sauerkraut 10-M	Jay Hasheider, 449-8045	McBaine
<input type="checkbox"/>	12/31	4 pm	First Night 5k	Tom LaFontaine, 442-2581	Flat Branch Park



*Happy Holidays  
and a run-filled 2002*



1/12	8 am	<b>Runner's Choice</b> 10k/20k	**	Mark Wilson, 443-5171	Bethel Park
2/2	9 am	<b>Nut Race</b> 5k	**	Dick Hessler, 874-2906	Reactor Park
2/27-5/22	7 pm	<b>Track workouts</b> (all ages and speeds welcome) This will take place every Wed. night.	**	TBA	Hickman Track
3/16	8 am	<b>St. Patrick's Day</b> 5k	\$15	Scott Rubinstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Courthouse square
4/6	9 am	<b>Two-Person Relay</b> 5 miles, alternate 400's	**	Kurt Kennett, 573-642-3221	Hickman Track

<b>January</b>	1	New Year's Fun Run 6-10 miles, 10 am, Overland Park, KS, (816) 228-3842
	19	Topeka to Auburn Half-Marathon, 11 am, Topeka, KS, (785) 234-5458
<b>February</b>	3	Groundhog Run 5k & 10k, 9 am, Kansas City, MO, (816) 741-2314
	17	Not for Wimps Cross Country 10 miler, 1 pm, Derby, KS, (318) 788-2027
	24	Olympiad Half-marathon & 10k, 7:30 am, Chesterfield, MO, (314) 434-9577
<b>March</b>	9	Boulevard Brewing 5k run/walk, 8 am, Kansas City, MO, (816) 474-7095
	10	Brew to Brew 42.5 miles (relay & solo), 6 am, Kansas City, MO, (816) 228-3842
	16	St. Pat's Snake Chase 5k, Run/walk, 8 am, Kansas City, MO, (816) 478-3668
	24	Sedalia Half-marathon, 9 am, Sedalia, (660) 827-0274



“You can’t climb up to the second floor without a ladder. When you set your goal too high and don’t fulfill it, your enthusiasm turns to bitterness. Try for a goal that’s reasonable, and then gradually raise it.”

—Emil Zatopek, four-time Olympic gold medalist from Czechoslovakia



## **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. Additional donations will go toward the CTC Scholarship fund.

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

CTC \_\_\_\_\_ \$15.00 dues  
P.O. Box 1872  
Columbia, MO 65205

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

P.O. Box 1872  
Columbia, MO 65205

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