COLUMBIA TRACK CLUB

NEWS

Volume XXXV No. 2

101.5 KPL

overall

April 2002



There were 691 finishers. Sponsor's and volunteers once again made the race possible. Thank you to Columbia Regional Hospital, KPLA, Tryathletics and Will B. Free for their support. Thank you to all the folks that gave their Saturday morning to direct runners, organize the post-race food, set up and help at the finish line and calculate the race results. The male finisher was Mark Monda, age 19, in 16:50. Alison

Hodgson, age 23, was the overall female finisher in 18:42. Claire Blodgett, age 4, was our youngest finisher and Elizabeth "Boots" Gerhardt, age 81, our most seasoned finisher. See you next year!

-Race Director Scott Rubinstein

St. Pat's 5k Results:	34 Nancy Taube F 41 19:52
	35 Rudy Kelley M 54 19:53
Place First Last NameSexAgeTime	36 Dustin Hirner M 21 19:56
1 Mark Monda M 19 16:50	37 Marzena Tomicki F 32 20:10
2 Marc Keys M 39 16:54	38 Ron Sapp M 47 20:12
3 Robert McGarry M 22 16:55	39 Sarah McLann F 20 20:13
4 James Carlson M 20 16:56	40 Michael J. Hall M 28 20:14
5 Mark A. Wilson M 40 17:05	41 Craig Johnston M 46 20:18
6 Patrick Steward M 33 17:07	42 Scott Proffitt M 33 20:21
7 Nate Wangerin M 20 17:13	43 Meredith Fahrner F 19 20:26
8 Lucas McMillen M 21 17:18	44 Burton Heller M 30 20:29
9 Tim Thorn M 31 17:38	45 Nicholas Power M 32 20:30
10 Steve Stonecipher-Fisher	46 Jay Burchfield M 33 20:30
M 45 18:03	47 Carl Miller M 35 20:34
11 Doug Rosaaen M 20 18:21	48 Greg Trachsel M 28 20:39
12 Matthew Dreier M 27 18:24	49 Clay Farris M 33 20:42
13 Wade Reck M 29 18:27	50 Scott Ronis M 24 20:43
14 Bert Baiotto M 21 18:37	51 Joshua Mantooth M 13 20:45
15 Daniel Mason M 21 18:38	52 Samson Goin M 20 20:47
16 Jose Bugarin M 34 18:41	53 Brent Krugh M 33 20:52
17 Alison Hodgson F 23 18:42	54 Josh Gray M 22 20:59
18 Kevin Tyler M 46 18:48	55 Kris Lopatowski M 22 21:02
19 Cameron DunafonM 28 18:53	56 Tom Lafontaine M 55 21:10
20 Michele McFaddenF 42 18:55	57 John Nemec M 39 21:11
21 Bruce Schlager M 39 18:56	58 Michael Schmidt M 20 21:13
22 Jim Wilbur M 25 19:12	59 Brady Smith M 15 21:15
23 Christian Verry M 27 19:12	60 Russ Blake M 27 21:17
24 Mike Tripp M 43 19:25	61 Leroy Schwartze M 25 21:17
25 Chris Hayday M 32 19:28	62 Emilie Raymond F 28 21:26
26 John Marti M 30 19:33	63 Toni Doster F 33 21:27
27 Andy Shirkey M 33 19:43	64 Brad Wright M 52 21:28
28 Aaron Coburn M 21 19:45	65 Ryland Rodes M 42 21:31
29 Dick Hessler M 60 19:48	66 Ben Lipscomb M 20 21:33
30 Cole McCollum M 27 19:48	67 Anna Bryant F 22 21:34
31 James Jackson M 29 19:49	68 Mick Crowley M 39 21:35
32 Philip Schaefer M 48 19:50	69 Tom Dresser M 58 21:36
33 Terry Hart M 41 19:50	(continued page 4)
33 1611y 11011 171 17.30	

Upcoming Events:

Mark your calendars—there is lots of running to do this spring! Entries included in this issue:

- Joe Marks Memorial Human Race 5 miler, May 4, 2002
- Show-Me Stampede, April 27, 2002
- Race for Sight Duathlon, April 14, 2002
- Greek Week 5k, April 13, 2000
- Chad Eatherly Memorial 5k, April 20, 2002
- Race for Sight Triathlon, May 5, 2002



Quote of the Month

"You must listen to your body. Run through annoyance, but not through pain.:

-Dr. George Sheehan

25 years ago

Looking Back

By Joe Duncan

The Walk: Randy Mimm 25:00. . .3. Rob Spier 35:54; 4. Henry Bent and William Taft 36:05

March 19, 1977 Four Mile Relay, also at Research Park: 1. Ton Hinckley 4:59, Al Garverick 5:45, Ailo Paul 5:56, Wesley Paul 6:05—Team Time 22:45. Other mile times: Amy Hessler 7:06, Dick Hessler 5:13, Olen Brown 5:47, Joe Duncan 5:41

Three Mile Walk: Randy Mimm 23:21; 2. Jim Breitenbucher 25:16; 3. Leonard Busen 26:26; 4. Rob Spier 34:22

CTC Board of Directors

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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:

Amy Hessler Gundy, CTC Newsletter editor 411 Maplewood Dr., Columbia, MO 65203

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

CTC web site: http://ctc.coin.org/

Running Shorts. . .

- ◆ Through the end of May, CTC will hold coached speed workouts at Hickman Track at 7 pm on Wednesday nights. In addition, a less formal workout without a coach will be held Wednesdays at 6 am. Everyone, regardless of speed or age, is welcome.
- ◆ 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!
- ◆ If you're looking for a great way to keep track of your fitness goals join the Mayor's Council on Physical Fitness and Health. Contact Columbia Parks and Recreation Department and start keeping track of your exercising minutes. You can earn some neat prizes, plus enjoy a year of fitness and health.

Welcome New CTC Members

Columbia Richard Boggs **Sherry Corvin** Columbia Columbia Jeanne David Hartsburg **Neville Davis** Nicholas Goeke Jefferson City Columbia Laura Hillard Columbia Alison Hodgson Columbia Tim Langen Steve Lightner Columbia Columbia Shara Runyan Columbia Michael Sykuta Columbia **Greg Thackery** John Way Columbia Tanya Wagers Columbia

CTC Runner Profile



Bob Humphreys

Age: 75

PERSONAL RECORDS:

My first competition, in 1980, was a 5k Trail Run in Orlando, Florida that my brother talked me into running with him. I took 3rd place in 27:35 and was hooked on competition, although I never ran another Trail Run. In 2001 I won a gold medal in the Senior Games 5k with a time of 26:17. I'm not fast, but I am persistent.

WEEKLY MILEAGE: 30 miles per week WHEN DID YOU START RUNNING?

1973

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

I have looked to people like Joe Marks, Joe Duncan, Dick Hessler, and Steve Stonecipher-Fisher as those who set a good example not only as runners, but also as good citizens and responsible adults. I took up running more as a stress management technique and weight control process than as a way to athletic success. As a matter of fact, I was 47 years of age before I started a serious program and have only been keeping a running log since 1983. During the time I have recorded my runs I have accumulated a total of 30,150 miles, or an average of 1675 miles per year. Upon concluding 30 years of continuous training in 2003 I intend to cut back to 25 miles per week. That will give me more time to spend with Freda!

DID YOU RUN IN COLLEGE OR HIGH SCHOOL? LIST EVENTS, AWARDS, HONORS:

I was on the boxing team in high school and college, and we did "road work."

WHAT IS YOUR FAVORITE WORKOUT? Running the Katy Trail

WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA?

From home to the Forum entrance to the Katy Trail out to Scott Boulevard

PERSONAL INFO AND INTERESTS:

I came to Columbia in 1947 to attend J-School after a few semesters at Pitt and Penn State, and a three year stint in the Army Air Force. My comrades in arms dissuaded me from wasting my GI Bill at the New York Academy of Dramatics, but thought I could be another Edward R. Murrow. While attending school I met and married a local gal, and we've been living together for 54 years. Freda and I left Columbia in 1949, but returned in 1970. Our two sons, Kim and Steve live in Columbia with their families.



If you are looking for a place to run while travelling this spring break, look to:

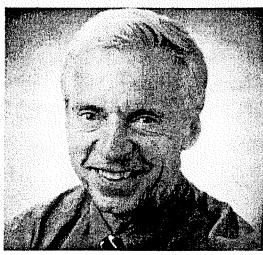
www.runtheplanet.com with descriptions on where to run in over 1100 cities around the world. There is also a large amount of running community information— on a worldwide scale.

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75 Terry Schurmum M 30 21-56 (Robert Smort Short Market S		148 John Smeda M 13 23:50	221 Nathan Pera M 27 25:18	295 Rebecca Highland F 35 27:25
76 Robert Simmons		149 Sandy Roberts M 51 23:51	222 Mike Moore M 47 25:18	296 Nick Goeke M 36 27:27
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Human Race XXIV

five miles in columbia

Saturday
May 4th
8 AM
Start & Finish
at
Rock Bridge
High School



T-Shirts to all entrants

Awards in following age groups

12 and under

13-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70 +

For Men and Women

A CTC Scholarship event

Sponsored by: Columbia HyVee, J. Louis Crum Corporation, Tryathletics, Columbia Daily Tribune, and the Columbia Track Club

proceeds to benefit the Columbia Track Club Joe Marks Youth Scholarship



see back for course

Joe Marks Memorial Human Race XXIV Official Entry Form

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Track Club, the University of Missouri, the City of Columbia, Missouri, the County of Boone, and the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, May 4, 2002. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Name (please print) Last name	First name
Street Address:	Zip Code:
Sex: F M (circle one) Birth Date City: State	//Age
T-Shirt Size (circle one) XL L M S	
Signature Parent/Guardian if entrant under 18	

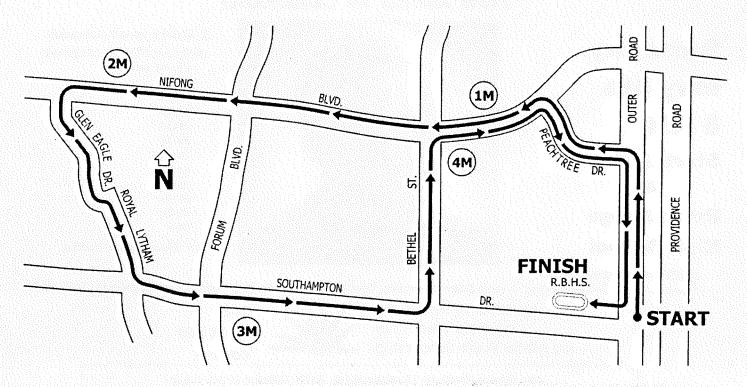
Entry Fee: \$15 Deadline: Wednesday, May 1, 2002 NO LATE ENTRIES Mail to: Columbia Track Club, P.O. Box 1872, Columbia, MO 65205 or...

Deliver to: Tryathletics, 1605 Chapel Hill Road, Columbia
Make checks payable to Columbia Track Club

Or online at: http://ctc.coin.org - go to: upcoming events - Human Race Packet Pickup: Friday, May 3, at Tryathletics (noon to 7pm) or 7:00-8:00am Race Day at Rock Bridge High.

JOE MARKS MEMORIAL HUMAN RACE 5-MILER

Saturday, May 4, 2002, 8:00am



DIRECTIONS

Start on Outer Providence Road at Rock Bridge High School South Parking Lot Entrance

North on Outer Providence Road to Peachtree Drive

West/Northwest (Left) to Nifong Boulevard

West (Left) on Nifong Boulevard Past Bethel Street and Forum Boulevard to Glen Eagle Drive

South (Left) on Glen Eagle Drive to Royal Lytham

South (Straight) on Royal Lytham to Southampton Drive

East (Left) on Southampton Drive to Bethel Street

North (Left) on Bethel Street to Nifong Boulevard

East (Right) on Nifong Boulevard to Peachtree Drive

South/Southeast (Right) on Peachtree Drive to Outer Providence Road

South (Right) on Outer Providence Road to Rock Bridge High School South Parking Lot Entrance

West into Rock Bridge High School South Parking Lot Past Outer Fence to Track Finish Line

Your **Numbers** should be in clear view in the <u>front</u> of shirt When you go through the finish chute, tear the lower portion off and give it to the timers.

Restrooms are available in the concession stand on the east end of the Rock Bridge stadium.

An **Aid Station** (water) will be available at the approximate three-mile mark.

Each course mile is marked on the right side of the road.

Award Ceremony will be 9:30 - 10:00 near finish line.

NOTE:

High School activities will be in progress early on race day. Please keep traffic areas clear and stay out of the High School.

every day Greek Week 5K Run/Walk

Address:			Phone:
City: (20 19 19 19 19 19 19 19 19 19 19 19 19 19	State:	Zip:	Birth Date:
hereby release and dis Council, Panhellenic, University of Missour action whatsoever, in that I have prepared m	charge the Greek Wee the Office of Greek Li i-Columbia from all cl any manner arising or	k 2002 Steering fe, the Depart aims of damage growing out of that I am in a	ors, administrators, and assigns, doing Committee, the Interfraternity ment of Student Life, and the ges, demands, actions and causes of f my participation in said run. I certify adequate physical condition to 2002.
I agree to follow all ruthe opinion of the run	medical personnel, my	continuing w	o be removed from competition if, in could endanger my health.
Further, I hereby granvideotapes, motion pio whatsoever.	t full permission to any	and all of the	e foregoing to use any photographs, I of this event for any purpose
Signature:		Da	ite:

All proceeds from this run will be combined with other proceeds from Greek Week 2002 and will benefit the following:

Name:

Rainbow House
Central Missouri Food Bank
Dream Factory
Compassionate Friends
Cedar Creek Therapeutic Riding Center
Conservation Federation of Missouri:
"Share the Harvest Campaign"

Entry forms, along with the \$15 registration fee, may be mailed to:

Greek Week 5K Run A022 Brady Commons Columbia, MO 65211

Forms may also be returned on the day of the run.

Greek Week 5K Run

When: Saturday, April 13, 2002

Time: Registration and check-in begins at 7:30 a.m.; 5K beings at 8:30 a.m.

Where: Run begins at Stankowski Field, University of Missouri-Columbia campus.

(located at the corner of Rollins and Virginia)

Entry Fee: \$15, includes a short sleeve T-shirt

Checks may be made payable to "Greek Week"

Registration Deadline: Entries will be accepted until the run begins. Forms may be returned

at the registration table or mailed, along with the entry fee, to "Greek

Week 5K Run, A022 Brady Commons, Columbia, MO 65211."

Run Procedures: Please check in and be at the starting line on the Rollins Street side of

Stankowski Field no later than 8:15 a.m.

Awards: Awards will be presented to the first through third place finishers in both the women's

and men's categories.

Questions: Contact Stacy Neier at 573.256.4147 or Jason Scherer at 573.499.9022

All proceeds from the Greek Week 5K Run will be combined with other proceeds from Greek Week and will benefit Rainbow House, Central Missouri Food Bank, Dream Factory, Compassionate Friends, Cedar Creek Therapeutic Riding Center, and the Conservation Federation of Missouri: "Share the Harvest Campaign".



Sponsored by the Wellness Resource Center & Pi Kappa Alpha

Saturday, April 20, 2002 • 10:00 a.m.

Please return form to: The Wellness Resource Center 34 Brady Commons University of Missouri, 65211 573-882-4634

Name:		 	•		
Address:					
Phone:		 	·	The state of the s	
T-shirt Size: (circle one)	М	L	XL	XXL	

Pre-Registration: Student, Faculty, Staff, and Local \$10.00 by 4/12, 5pm

Registration at Race: Student; Faculty, Staff, and Local \$12.00

The 5K, or 3.1 mile, fun run is in honor of a great peer educator and an admirable young man by the name of Chad Eatherly. The **Fourth Annual Chad Eatherly Memorial Fun Run Begins at 10:00 a.m. in front of Brady Commons on Rollins Street.** T-shirts and numbers will be provided. This is a <u>fun run</u>, meaning it can be walked or run, and is as competitive as you want it to be. A prize will be given to the first male and female finisher.

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Wellness Resource Center, University of Missouri, the City of Columbia, the County of Boone, or the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, April 20, 2002.

I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the race medical personnel my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs and videotapes or any other record of this event for any purpose whatsoever.

Signature:



presented by...Wilson's Total Fitness and Boone Hospital Center

18 Mile Bike 3.4 Mile Run



MANY 5, 2002

RACE FEATURES

- USAT Sanctioned Event USAT rules apply
- Awards ceremony following the race
- Each participant receives a race T-shirt, water bottle, finish towel and other special items!
- Custom-designed awards to top 3(+) places within each age group male/female Post-race celebrations complete with food
- & beverage Professional/Elite Triathlon race starting at
- 10 a.m. \$2,000 in prize money
- Free Triathlon Clinics on Saturday -Sponsored by Cycle Extreme
- Combo Race Offer RFS Triathlon & Wild Wing Duathlon for one low entry fee

FREE TRIATHLON CLINIC

A "two part" triathlon clinic will be held on Saturday. May 4th, starting at 5:00 PM at Wilson's Total Fitness. Transition planning, advice on what to wear, how to set up your bike, gear issues, race tactics and training plans will be presented. The clinics will each last approximately one hour, stay for both!

The "new or beginning" Triathlete - CYCLEXTIBLE 5 - 6 p.m.

Professional Triathlete Stephen



Taylor - www.triathletepro.com

The Intermediate Triathlete- "The next step" - 6-7 p.m. Adam Zucco & Mark Carey from Multisport Madness - www.multisportmadness.com

AWARDS

WILSON'S Total fitness

Boone

Hospital

BJC HealthCare*

Center

Overall Male and Female age group winners will receive special 2001 commemorative award. Overall winners will not be counted with the age group awards. Awards will be presented to the top (3+) finishers in each age group and top 2 relay teams.

\$2,000 - ELITE DIVISION PRIZE MONEY - Special thanks to our sponsor Merrill Lynch.

🜇 Merrill Lynch

SWIM

300 yard Swim

6 Lane Pool 10 - 15 sec individual interval starts

(NEW THIS YEAR!) Start order will be based on your estimated swim time given on race morning! Elite division will be wave starts.

BIKE/RUN COURSE

18 Mile Bike - Rolling hills -- New Course this year!! See website for details and maps.

3.4 Mile Run - Rolling hills and along MKT trail

DIVISIONS

Age Group Divisions -ages 14-70+ - five year increments (Male & Female)

Clydesdale (200 lbs+) & Athena (150 lbs+)

Relay Teams - Male, Female and Co-ed

Elite Division - Advanced Triathletes ONLY! Limited to 48 total entries

TIME LINE (PRELIMINARY)

All events take place at:

Wilson's Total Fitness Center

1400 Forum Blvd. Columbia, Missouri

Saturday, May 4, 2002

2:00 - 9:00 p.m. - Packet Pick-up at Wilson's 5:00 - 7:00 p.m. - Triathlon Clinics at Wilson's

Sunday, May 5, 2002

5:45 - 6:45 a.m. - Late Packet Pick-up and Body Marking

7:30 a.m. - Pre-Race Meeting

8:00 a.m. - Triathlon Starts

10:00 a.m. - Elite Division Starts

12:30 p.m. - Awards Ceremony

1:00 p.m. - Course Closes

NO Triathlon Race day registration

(Limited to 500 total racers)

www.raceforsight.org



Wild Wing Duathlon

Short Course – 2 mile run/9 mile bike/2 mile run Long Course - 4 mile run/18 mile bike/4 mile run

TIME LINE (PRELIMINARY)

Event will take place at: Bethel Park on Bethel St., South of Nifong Blvd. Columbia, Missouri

Saturday, April 13, 2002

尚有有有有有有有有有有

3:00 - 8:00 p.m. - Packet Pick-up at Buffalo Wild Wings - 3908 Peachtree Drive - Columbia, MO

Sunday, April 14, 2002

7:30 - 9:30 a.m. - Packet Pick-up, Race Day Registrations & Body Marking 9:45 a.m. - Pre-race meeting 10:00 a.m. - Duathlon Starts

1:00 p.m. - Awards Ceremony 1:30 p.m - Course closes



This race kicks off the Midwest Multi-Sport racing season in style. The race features "a distance for everyone". A short course for the less experienced or ones wanting to cut their teeth and enter the multi-sport world. A long course set to challenge even the toughest athlete. The first 2 mile run is done on primarily a flat terrain course. The 9 mile bike course is loop format and will take you over the rolling hills around southwest Columbia. The second run exits the transition area and follows the same path as the first run. Long course racers will complete each segment of the course twice.

AWARDS

Top 5 Overall Male and Female winners will receive special 2002 commemorative award. Winners will not be counted with the age group awards. Awards will be presented to the top (3+) finishers in each age group.

DIVISIONS

Age Group - ages 14 to 70+ - five year increments (male and female)
Clydesdale (200 lbs+) & Athena (150 lbs+)
NO Relay Teams in the Duathlon
(Duathlon limited to 600 racers.
Race day registration only if space available)

Proceeds from the Race for Sight Triathlon, Wild Wing Duathlon and a portion of the Ultramax Triathlon will be used by the Missouri Lions Eye Research Foundation (MLERF) to support the Amblyopia ("lazy eye") Screening Program for preschool children. Amblyopia can cause learning and behavioral difficulties in school, and can lead to blindness. The condition can usually be cured, if detected and treated early in the child's life. Your support will help the kids of Missouri see better, learn better and perform better.

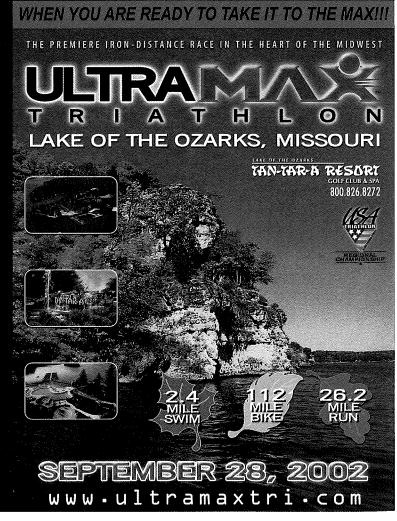


CONTACT FOR ALL RACES

Race Director - Mark Livesay (573) 446-2313 (evenings) or call Missouri Lions Eye Research Foundation at 573-443-1471 Ext. 250 (days)

Details and online registration- www.raceforsight.org!

E-mail: Info@raceforsight.org



Online registration is open! www.raceforsight.org **2002 REGISTRATION FORM** Male
Female Name Date of Birth Address City State Zip Phone # (Day) (Eve.) USAT# E-Mail Address T-shirt (S, M,L, XL, XXL) Team Name (triathlon only) USAT# Swimmer Biker USAT# USAT# Runner Nild Wing Duathlon 🛭 😂 DIVISION (check one) Short Course 🗌 ☐ Age Group ☐ Clydesdale/Athena Long Course Sunday, April 14, 2002 Deduct \$7 discount for each USAT member SubTOTAL: \$_ DIVISION (check one) □ Age Group □ Elite □ Clydesdale/Athena □ Team Co-ed □ Team Male □ Team Female After 4/15/01 Sunday, May 5, 2002 300 Yard Swim/18 Mile Bike/3.4 Mile Run Individual: \$47 \$52<u>____</u> Deduct \$7 discount for each USAT member Columbia, MO Elite: \$57_____ Team: \$81_____ \$91____ SUDTOTAL: \$ ___ (Limited to 500 participants) Combo Entry-Combo Entry: \$74 _____ USAT members receive a \$14 discount for both races. Triathlon Enter both races and save !\$! SubTOTAL: \$___ Duathlon **DIVISION** (check one) □ Age Group □ Elite □ Clydesdale/Athena □ Team Co-ed □ Team Male □ Team Female O Saturday, September 28, 2002 2.4 MILE SWIM/112 MILE BIKE/26.2 MILE RUN LAKE OF THE OZARKS, MISSOURI Individual Team **Deposit**: \$50_____\$50____ Before June 1, 2002 Deduct \$7 discount for each USAT entrant Payment: \$207_____ \$321____ (Does not apply to deposit) Full Payment: \$257_____ \$371____ After June 1, 2002 Full Payment: \$282_____ \$396____ SubTOTAL: \$____ Circle the type card you are using. **Total Entry Fee:** VISA lasterCaro Make checks payable to: **MLERF (Missouri Lions Eye Research Foundation)** Mail to: 404 Portland Street Columbia, MO 65201 Card # Exp. Date Or drop off at Wilson's - 1400 Forum Blvd.

MLERF office use only:

Date Received:

entered:

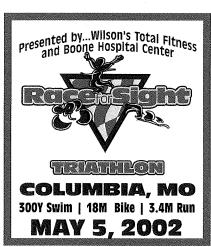
Race for Sight Events

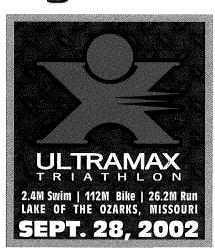
Missouri Lions Eye Research Foundation 404 Portland St. Columbia, MO 65201



A Distance for Everyone































359 Mihaela BarbulescuF 26 28:45	433 Mike Henry M 24 29:56	507 Catherine Franton F 43 31:53	581 Katherine Ngo F 25 34:29
360 Michael Becktell M 46 28:47	434 Don Waltman M 66 29:56	508 Summer Allen F 52 31:54	582 Jessica Loesch F 16 34:30
361 Alex Bennett M 14 28:47	435 Tiffany Harris F 12 29:57	509 Amanda BergmanF 22 31:55	583 Christina Morian F 41 34:44
362 Michelle Monk F 35 28:48	436 Mike Halford M 26 29:59	510 Meghan BurchfieldF 22 31:56	584 Susan Renoe F 27 34:46
363 Luke Klena M 9 28:49	437 Jason Hull M 18 30:00	511 Scott Kennison M 40 31:57	585 Kimberly Moyer F 39 34:56
364 Julia Grus F 29 28:50	438 Lynn Kirk F 44 30:02	512 Van Beasley F 57 31:57	586 Leslie D.Pinkley F 20 35:01
365 Renee Hahne F 28 28:50	439 Julie Gramlich F 25 30:03	513 Tanya McVey F 32 31:58	587 Mike Micatka M 10 35:03
366 Courtney Zimmer F 21 28:51	440 Jon Kruse M 34 30:08	514 Philip Stitzer M 39 31:59	588 Roger Luebbering M 45 35:10
367 Jessica Hahn F 29 28:55	441 Courtney Camp F 29 30:14	515 Bill Everhart M 41 32:00	589 Gary Dahms M 48 35:12
368 Brenda LevenbergerF 38 28:56	442 Kirsten O.Walz F 17 30:14	516 Greg Thackery M 38 32:01	590 Kyra Moore F 34 35:13
369 Nate Thompson M 9 28:57	443 Stephanie Wilson F 25 30:15	517 Zane J. Brooks M 9 32:05	591 Darin Gruber M 25 35:15
370 Alan Thompson M 37 28:59	444 Megan Hart F 20 30:16	518 Andrew Briedwell M 8 32:05	592 Trung Ngo F 27 35:22
371 Cameron Marshall M 13 29:00	445 Courtney Ellinglse F 24 30:18	519 Mark Banks M 47 32:06	593 Jody Gal F 43 35:28
372 Jennifer Thompson F 28 29:00	446 Pamela Muren F 31 30:19	520 Lola Briscoe F 50 32:07	594 ElizabethSiefkas F 30 35:44
373 Shannon Bruns F 24 29:01	447 Danny Chapman M 13 30:20	521 Amber Adcock F 39 32:09	595 2 Bandit 2 M 44 35:45
374 Megan Darter F 12 29:05	448 Joellen Bazat F 46 30:21	522 Deborah Johnoff F 43 32:09	596 Jacquelyn Ward F 26 35:46
375 Chris Darter F 36 29:06	449 Jill Yager F 24 30:21	523 Marlene RobinsonF 41 32:13	597 Anita Hummel F 39 35:47
376 Terrie Woodsmall F 51 29:06	450 Troy Banson M 34 30:22	524 Mia Fulson F 34 32:13	598 Linda Vogt F 54 35:52
377 Beth Billington F 36 29:07	451 Sherry Corwin F 42 30:23	525 Jennifer Brooks F 28 32:14	599 Marc Micatka M 8 36:06
378 Megan Klenke F 18 29:09	452 Christine Dewitt F 26 30:24	526 KimGodbey F 29 32:15	600 KathyCella-MiratkaF 44 36:36
379 Ashley Versives F 16 29:09	453 Joe Hayden M 43 30:27	527 Annette HumphreysF 39 32:15	601 Kevin McDaniel M 14 36:44
380 Edward Robinson M 46 29:11 381 Doreen James F 27 29:12	454 Abigail Quinn F 22 30:28 455 Yvonne Ruchheit F 30 30:29	528 Melanie Elfrink F 40 32:16	602 Patrick Corwin M 15 36:47
382 Arin J. Stark M 29 29:13		529 Roy Elfrink M 44 32:17	603 DonCorwin M 44 36:48
383 Andee Flood F 31 29:13	456 Lorena Tayman F 34 30:30 457 Kerry McDaniel F 10 30:32	530 Jennifer Thurman F 25 32:18 531 Denise Belsheim F 39 32:18	604 Rochelle Sherman F 49 36:48
384 Kristi Stock F 34 29:14	457 Kerry McDaniel F 10 30:32 458 Lauren Harmon F 11 30:38		605 Paul Muren M 40 36:50
385 Janet Moreland F 45 29:15	459 MeredithPark F 27 30:39	532 Emily Thomas F 19 32:19 533 Caitlin Thomas F 21 32:20	606 Sara D. Stone F 40 37:17
386 Diane Mountjoy F 46 29:15	460 Kristine SomervilleF 37 30:40	534 LandonFitzpatrick M 8 32:23	607 Michael Hardy M 30 37:17 608 Talia Gholson F 24 37:42
387 Erin E. Duual F 19 29:16	461 Scott Smith M 34 30:41	535 Leroy Sharp M 68 32:29	609 Gillian O'Brien F 20 37:52
388 Anne Trippler F 24 29:16	462 Karen Pressley F 37 30:42	536 Sharon Mills F 50 32:33	610 Shannon Beahan F 27 37:52
389 Jesse Simon F 18 29:17	463 Richard King Jr. M 49 30:46	537 Sally Schoeninger F 26 32:34	611 Mary Hargadine F 40 37:53
390 Sandy Boling M 37 29:17	464 Amy Schlichting F 29 30:50	538 Mike Payne M 24 32:41	612 Gordon Blodgett M 8 37:54
391 Michael Ryle M 28 29:18	465 Susan R. Eckerle F 25 30:50	539 Melinda Manson F 37 32:46	613 Gerry Routh F 54 37:59
392 Leah Simon F 18 29:18	466 Dale Lynn M 44 30:53	540 KatharineKimball F 34 32:47	614 Alejandro Chavez M 7 38:13
393 Mark Lee M 45 29:18	467 Michelle Grubicz F 10 30:53	541 Jody Malan F 25 32:48	615 Oscar Chavez M 38 38:15
394 Marla Eckhoff F 33 29:19	468 Heather Harpst F 21 30:54	542 Valerie Fick F 34 32:52	616 Thomas Brown M 13 38:26
395 Nina Weisenhorn F 20 29:19	469 Stephanie Esses F 22 30:55	543 Larry Fick M 60 32:53	617 Jeanette Brown F 45 38:27
396 Ken Hirlinger M 51 29:20	470 Mary Ann Wilson F 47 30:55	544 Debbie Bond F 47 32:54	618 Lindsay Nelson F 22 38:28
397 Teri Smith F 35 29:20	471 Keri Welker F 12 30:55	545 Mike Hostetler M 9 32:55	619 Bobby Roll M 36 38:29
398 Georgia MorehouseF 68 29:21	472 Lyn Woolford M 48 30:56	546 Isaac Zachary M 10 32:56	620 Denise Riley F 32 38:29
399 Jess Newkirk M 56 29:21	473 Nancy Fritsch F 63 30:58	547 Ann Kuchnicki F 20 32:57	621 Robin Johnson F 38 38:29
400 Jodi Bales F 35 29:22	474 Shermane Wright M 10 31:03	548 Heather Hogan F 20 32:57	622 Cody ReifschneiderM 11 38:30
401 Connie Kilgore F 35 29:23	475 Kelly E. Lee F 25 31:06	549 Colleen Parsons F 27 32:58	623 KimCronhardt F 24 38:31
402 Cortney Wright F 34 29:24	476 Cara BrandenbergF 35 31:06	550 Wendy Evans F 53 33:00	624 Kimberly Hicks F 36 38:32
403 Dave Jones M 48 29:25	477 Rebecca FitzpatrickF 30 31:07	551 Joseph Forsee M 76 33:04	625 Tina Norris F 34 38:36
404 Amanda Jacson F 28 29:26	478 Patricia Guerrero F 39 31:09	552 Lisa Bradley F 25 33:06	626 Rhonda Basnett F 34 39:04
405 Zana Lo F 28 29:28	479 Melissa Cox F 25 31:10	553 Stephanie Agan F 36 33:12	627 Monica Bastow F 27 39:06
406 Sean Welek M 16 29:29 407 Darcy Ames F 29 29:30	480 Marvin Van Leer M 65 31:12	554 Kelly Dreier F 30 33:13	628 Ted May M 49 39:32
407 Darcy Ames F 29 29:30 408 Laura Wells F 61 29:31	481 Ken Crutchfield M 42 31:14 482 Rita Gibson F 36 31:16	555 Amy L. Mithyen F 31 33:14	629 Kerri Harting F 27 39:37
409 Beverly Twellman F 53 29:33	483 KarolynCannata-WingeF35 31:17	556 Greg Renoe M 41 33:17 557 Karen Schmidt F 38 33:18	630 Brenda Coffman F 49 39:40 631 Mindy J. Northrup F 33 39:47
410 Cathy Grover F 29 29:34	484 Amy Wolf F 23 31:18	558 Jeanell Berlets F 39 33:20	•
411 Russ Still M 55 29:35	485 Thomas Falke M 25 31:18	559 Alison Bryant F 31 33:21	632 Robert Wideman M 31 39:49 633 Erin Ohnesorge F 30 39:50
412 Suzanne Wright F 51 29:35	486 ChristineStamper F 32 31:19	560 Cecelia A.Hanley F 28 33:23	634 Fran Schnarre F 50 40:22
413 Kim Morgan F 45 29:36	487 Gary Stamper M 45 31:20	561 Faith Cathcart F 31 33:33	635 Cortney Banks F 16 40:47
414 Janene Hillbrick F 26 29:37	488 Mindy Powell F 23 31:23	562 Katie Kilfoil F 17 33:34	636 Joyanne Block F 65 40:51
415 Laura Dye F 34 29:40	489 Greg Barron M 41 31:26	563 Speer Morgan M 57 33:34	637 Brianna Heese F 9 40:53
416 Bill Brennan M 45 29:40	490 Kevin Folley M 37 31:28	564 Thresa L. Russell F 37 33:35	638 Cindi Heese F 38 41:12
417 J.b. Waggoner M 33 29:42	491 Doug Dubisar M 52 31:31	565 Olivia Harrison F 11 33:35	639 Carl Block M 66 41:13
418 Debbie Karwoski F 48 29:42	492 Sandy Miller F 31 31:32	566 Mary M. Newby F 54 33:46	640 Heather DavenportF 14 41:17
419 Tina Hall F 29 29:43	493 Keith Rettenmaier M 8 31:33	567 Grafton Cook M 46 33:50	641 Connie L. Pry F 33 41:18
420 Erin Stoll F 18 29:43	494 Patricia Avery F 48 31:34	568 Julie Stansfield F 38 33:53	642 Joshua Pry M 10 41:19
421 Jason Wax M 19 29:44	495 Richard FroeschnerM 50 31:39	569 Kellye Crockett F 27 33:54	643 Barbara ShoemakerF 48 41:23
422 Patrick Gruber M 49 29:45	496 Iris Calloway F 46 31:41	570 Brian Steere M 15 33:56 ,	644 Susan Doroghazi F 43 41:29
423 Lynn Boorady F 39 29:46	497 Laurie Coleman F 22 31:43	571 KimHarrison F 41 34:04	645 Jill Nielsen F 34 41:35
424 Doug Simon M 37 29:46	498 Kathryn Fishman F 20 31:45	572 Elsie Rubinstein F 63 34:05	646 Laura Pfeiffer F 50 42:00
425 Ernie Verslues M 41 29:47	499 Molly Schumann F 31 31:45	573 Jeanelle Twillman F 69 34:07	647 KimFarris F 30 42:21
426 Karen White F 35 29:48	500 Hope McCrary F 37 31:47	574 Dena Castilow F 30 34:12	648 Erin Black F 23 42:26
427 Richard Boggs M 74 29:49	501 Trisha Gregory F 27 31:47	575 Bill Clark M 47 34:14	649 Connie Grimshaw F 49 42:39
428 Debbie L. Lee F 37 29:49	502 Steve Calloway M 46 31:48	576 Amanda Weable F 11 34:17	650 Jessica Ebert F 25 42:44
429 Krista SchwendingerF 18 29:52	503 Susan Dimitroff F 40 31:48	577 Lisa Molix F 24 34:18	651 Gary Mason M 46 43:20
430 Brian Travis M 26 29:53	504 Lori Brockman F 43 31:50	578 Jack Burris M 10 34:24	652 Cynthia Nash F 29 43:29
431 Andrea Allen F 55 29:54	505 Janet Heath F 44 31:51 506 Terry Robb M 47 31:52	579 Michael GeerlingsM 34 34:26	(O
432 Janet Brandt F 50 29:55	506 Terry Robb M 47 31:52	580 Deziree Bryant F 10 34:29	(Continued on page 6)



COLUMBIA SHOW-ME STAMPEDE 5K RUN

Sponsored by the Missouri Beef Council to kick off Beef Month and help promote beef's contributions to good health.

Missourians of all ages and fitness levels are invited to participate in the 8th Annual Show-Me Stampede, a 5K run to kick off Beef Month and the Show-Me State Games. The goal of the Stampede is to improve health by promoting physical activity. The Missouri Beef Industry Council is cosponsoring the Stampede to help promote beef's contributions to good health.

All Show-Me Stampede participants will receive a t-shirt for competing. There will be a beef barbeque following the run. This barbeque is free to all runners and \$5 for others who wish to eat. Registration deadline is Wednesday, April 24. For more details, contact Joe Duncan at (573) 445-2684 or the Show-Me State Games office at (573) 882-2101.

athlete's signature

All Stampede participants will

automatically be registered

and eligible to participate in

the Show-Me State Games

Finals, to be held in Columbia

on Sunday, July 28th.

Date/Time:

Saturday, April 27, 2002 at 10:00am

Location:

Reactor Park, Columbia, Mo

Entry Fee:

\$15. This fee covers entry into both the Stampede as well as the Show-Me State Games finals to be held Sunday, July 28

in Columbia. All participants will also

receive a free t-shirt.

Deadline:

Early registration is available, however

registration will also take place the

morning of the race.

Age Groups:

12 & under, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-

54, 55-59, 60-69, 70-79 and 80 & over.

Registration:

To enter, fill out the entry form on the

bottom half of this page. Mail entry along

with payment to:

parent or guardian's signature (if athlete is under 18 years of age)

Show-Me Stampede c/o Columbia Track Club

Po Box 1872

Columbia, MO 65205

	Detach and mail bottom po	rtion along with paym	ent.		
ENTRY FORM - SH	OW-ME STAMPEDE 5K RUN -	COLUMBIA		igan in an Albania	Hari
Name:		Phone (ever	nings):		
Address:	A SAME HAVE	Birthdate:		Age:	<u> </u>
City/State/Zip:		Male:	_ Female:	T-Shirt Size:	· ·
bound, do hereby for myself, ex- for loss, damages, or injury to a the State of Missouri, the Gove owner of the site of any festiva	ideration of my entry into the competition known xecutors and administrators waive, release and for my person or property arising out of my performat ernor's Council on Physical Fitness and Sports, the or finals competition I may be participation in; ment as may be deemed appropriate under existing ment as ment and	ever discharge any and all ri nce or failure of performance he National Sports Governir their agents, representatives	ghts and claims for c, from The Curate ng bodies, the Mis c, successors and a	or damages, including a ors of the University of ssouri Beef Industry Co assigns, and additionally	ny claims Missouri, uncil, the y, consent
athlete's signature		parent or guardian's signal	ture (if athlete is t	under 18 years of age)	
Consent for Medical Treatm necessary in case of emergency	nent: I, the undersigned, do hereby authorize ary.	nd consent to any first aid,	medication, medi	cal treatment or surger	/ deemed

Page 6 **CTCNEWS**

2002 Columbia Track Club Schedule

Check out our complete schedule at: http://ctc.coin.org/

4/6	9 am	Two-Person Relay 5 miles, alternate 400's	**	Kurt Kennett, 573-642-3221	Hickman Track
4/27	10 am	Show-Me Stampede 5k Entry fee also covers the Show-Me State Games 5k on July 28	\$15	Joe Duncan, 445-2684	Reactor Park
5/4	8 am	Joe Marks Memorial Human Race XXIV 5 miles	\$15	Angela Passanise and Dave Coogan, 474-8373	Rock Bridge High School
	full full of a second factor				
5/11	8 am	Spring Couples Run/Walk 4 miles	**	Amy Gundy, 874-2407	Bethel Park
5/19	8 am	Jeff Shikles Memorial 8k run/ walk	\$15	Joe Cragin, 442-1495	Gentry Middle School

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

	•	Out-of-Town Events
April	· 6	Spring Classic 5k, Cape Girardeau, 8 am, (573) 243-5626
	7	Riegelman Memorial River Trail Run 5k, Parkville, MO, 8 am, (816) 741-2314
	14	Kick Butts 5k run/walk, Kansas City, 8 am, (816) 842-5242
		St. Louis Half-marathon and 3k, St. Louis, 8 am, (314) 781-3926
	21	Earth Day 5k, St. Louis, 8:30 am, (314) 962-5838
	27	Alcohol Awareness 5k, Rolla, 8:30 am, e-mail: werpcm@rollanet.org
	28	Trolley Run 4 mile run/walk, Kansas City, 7:45 am, (816) 333-3136, ext. 2107
May	4	Apple Blossom 5k, St. Joseph, MO, 9:55 am, (816) 232-3344
	5	Running in the Streets Artsfest 5k, Springfield, for more info: active.com
	11	Habitat for Humanity 10 mile and 5k, Kansas City, 8 am, (816) 678-7576
		Truman Health 5k, Independence, 9 am, (816) 833-2088

	666 Paula Heaviland F 41 45:39	681 Laura Noren F 46 47:50	696 Judy Letourneau F 57
(Continued from page 5)	667 Sharon Boland F 37 45:49	682 Ann Noren F 80 47:51	697 Brenda Baker F 41
653 Tim Espy M 51 44:22	668 Kathleen Krueger F 59 45:50	683 Rhonda Parton F 42 47:52	698 Kinwell Duke M 69
654 Maria Cole F 42 44:23	669 Cindy Dahms F 41 45:51	684 Nancy Rezabek F 49 47:53	699 Jennifer Brennan F 27
655 Michelle Gadbois F 36 44:24	670 Jo Luebbering M 53 46:16	685 P. Gail Elder F 45 47:54	700 Patrick Brennan M 32
656 Keri Simon F 33 44:25	671 TheresaShettlesworthF22 46:21	686 Steve MuellenbachM 45 48:23	701 Martin Ryan M 54
657 Kathy Karl F 40 44:38	672 Sharon Stevens F 58 46:22	687 Norma Devonlea F 44 48:25	702 Kristin Davison F 28
658 Joe Faber M 62 44:39	673 Deanna Porter F 27 46:32	688 Mina Hayes F 23 48:31	703 Tawnia Cox F 25
659 Cindy Boyer F 41 44:42	674 Courtney Hurst F 22 46:52	689 Carol Duermeyer F 46 48:46	704 Claire Blodgett F 4 #####
660 Carol Terazas F 40 45:05	675 Julie Dowden F 26 47:17	690 Ed Schumacher M 48 49:29	***************************************
661 Nancy Dubisar F 53 45:22	676 Elizabeth Gerhardt F 81 47:26	691 Mary Kay SchumacherF48 49:29	1015(1)(1)
662 Rick Lister M 36 45:30	677 Rebecca Byrd F 28 47:32	692 Recille Norris F 23	
663 Jo Miller F 60 45:35	678 Cheryl Byrd F 30 47:37	693 Kathleen King F 24	
664 Susan Groshong F 44 45:35	679 Marilyn Dixon F 53 47:42	694 Lori Pezold F 27	88
665 Julia Alexander F 42 45:37	680 Mary Powell F 58 47:45	695 Mary Lou GiboneyM 53	•

CTC Membership Application

al donations will go
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COLUMBIA TRACK CLUB NEWS

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