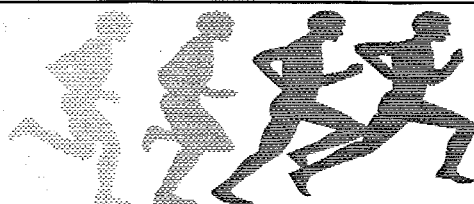


COLUMBIA TRACK CLUB

NEWS

Volume XXXV No. 7

December 2002



Jingle Bell Run for Arthritis 5k



We had approximately 584 runners and walkers on a stunning morning on Nov. 23, 2002 for the annual Jingle Bell 5K Run & Walk. As I have stated in the past, I am always humbled by those who give up their valuable time on a Saturday morning before a major holiday. Thanks to Lindsay Winterton, Barbie Miller, and Scott Beauchamp of Tryathletics who handled all the calls and who assisted me with the race data entry. Thanks to Anne Hessler who came from teaching to assist with pre-race day packet pick-up. Thanks to Joe Cragin and Elda Kurzejeski with the water station. Thanks to Marie Dickerson(& baby Elsa-youngest volunteer ever?) and Heather Hemen for the 1 mile readouts. Jay Hasheider was invaluable with his pickup for volunteer drop off and pick up. He also helped sort runners from walkers at the end of the run. Thanks to Linda & Tom LaFontaine (special thanks for the humor & enthusiasm), Scott Dressel, Dick Hessier, David Gay,& Steve Stonecipher-Fischer with the quality & professional chute work. Thanks to Jim Keown for allowing me to have the faith that the new scanning system would indeed work on a race of this size. I especially appreciated his assistance because he had an uncle who was very sick. Also thanks to Rod Hartwig for his expertise on providing a manual spread sheet for manual entries. A special thanks on behalf of all of the Race Directors for all of the countless hours Tom Allen gives to each and every race and to Amy Gundy for her own countless hours putting the Columbia Track Club News together every month. Finally, thanks to Steve for allowing me to use your fine facility and staff for the race. —Race Director Randy Gay

Thank you, Randy, for your patience, perseverance, and hard work!



Jingle Bell 5k winners:
Kent Lang of Sedalia
and
Allison Hodgson of Columbia

Race results,
pages 4-5



Upcoming Events

- **First Night 5k run/walk**
Dec. 31, 2002, 4:00 pm
Flat Branch Park



- **Runner's Choice 10k/20k**
Jan. 11, 2003
- **Nut Race 5k**
Feb. 1, 2003
- **Saturday morning runs**
Every Saturday morning at the courthouse or MKT trail. See CTC website for details.

Quote of the Month

"Your body is always trying to tell you where you are. Beware when you become tired and listless, when you lose interest in workouts and approach them as a chore rather than a pleasure."

—Dr. George Sheehan

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

November 6, 1977 Missouri Turkey Trot, dual XC meet with St. Louis Track Club. These dual XC events with SLTC were great events--good competition, great food afterwards with the site alternating each year between Columbia and St. Louis. Awards were frozen chickens and turkeys. We were reluctant to call it a "Chicken Trot." Scoring was on a mass basis, the number of scorers equal to the fewest number of runners in an age group on one of the teams. For example, on this date each team scored 16 runners in age group sub-39. CTC won 238-290 with Tim McMullen leading the way with 15:01 over 3 miles on the Gustin course. He was followed by Dennis Hinkamp with 15:08 and Charlie Evans with 15:37. In age 40+ it was CTC 42 & SLTC 63, each scoring 7. Ben Londeree was the winner there with 16:25. For the women, SLTC, scoring 4, swept CTC 10-26. Glenna Moe, 23:39, led the CTC women. There was a total of 108 runners.

November 19, 1977: 20 k Run: 1. Charlie McMullen 1:09:00 2. Denton Childs 1:09:01 3. Charlie Evans 1:09:19. . 7. Ben Londeree 1:13:49. . 9. Tom LaFontaine 1:14:48 (this was Tom's first ever CTC event, Tom being a young grad student working with Ben Londeree in an Exercise Physiology program). . 11. Don Granberg 1:16:56. . 19. Wesley Paul 1:23:21. THE WALK (10K): Augie Hirt and Randy Mimm walked together in 56:30

25 years ago Wesley Paul and Mark Landrum represented CTC in the New York City Marathon, the 2nd annual. Mark had a 2:39:34 while Wesley, at age 8, stunned the staid New Yorkers with a scintillating 3:00:31, a world age 8 record which still stands. The New York Times said Wesley, after the finish, was in better shape than was the winner Bill Rodgers. But then Rodgers had done his run in a fine 2:11+.

CTC Board of Directors

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

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.coin.org/>

From our president...**MINUTES****Columbia Track Club Annual Meeting****Nov. 20, 2002****Boone County Commission Chambers
Columbia, MO**

Board members Linda LaFontaine, Joe Duncan, Dick Hessler, and Mark Volek were reelected.

The 2003 race schedule was approved.

Tom Allen, Treasurer, gave his report that indicated almost enough money in a CD to fund the CTC Marks Scholarship in perpetuity. Tom's report is appended.

President Dick Hessler reported that the 2002 Summer Youth Program had 286 participants ages 4-16, plus 20 three-year old children who ran the 50-meter dash. The Colts had a very successful Show Me State Games and cross country season, with the boys winning the championship race held at the new Stephens lake park. The inaugural Rock Bridge Revenge was a great success and CTC will include the race on our brochure. Also, CTC will have a kids' mile run in conjunction with the St. Patrick's Day Race. CTC has asked Mayor Hindman to support the mile and he has agreed. We will call it the Mayor's Mile for Kids and we hope to get a banner made through the Mayor's office. CTC will purchase traffic safety vests and stop signs. Finally, we will not sell the rights to the Heart of America Marathon.

Discussion from the floor led us to commit to work extra hard next year on getting more youth involved in running. We will work with middle and elementary school staff to stimulate participation in the St. Pat's race and our cross-country series.

Respectfully submitted by Dick Hessler

Dick Hessler, CTC President, will share his running knowledge in the newsletter each issue. Please e-mail the editor with questions or comments for Dick.

CTC Runner Profile

Nancy Taube

Age: 42

PERSONAL RECORDS:

5k 18:38 (First Night 5k 2001)

Joe Marks 5 miler 32:02

WEEKLY MILEAGE: 12-15 miles

WHEN DID YOU START RUNNING? Intermittently in high school & college; not seriously until a few years ago

WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING? I don't really have a role model or specific source of inspiration. That's because I began by running away -- to escape worries & stress. Nothing like a good run to put your cares behind you -- literally! It's pretty much been a solo pursuit for me, although I do run occasionally with my husband and my brother. During races, I'm most inspired by Dick Hessler, who paces me & never ceases to urge me on; and by Boots Gerhardt, who's still going strong into her 8th decade!

PERSONAL INFO AND INTERESTS: I am blessed with a wonderful family. My husband Tony, and 12 year old son, Joe, have supported me & cheered me on. We enjoy biking along the MKT when the weather co-operates.



Cross Country Series 5K Stephens Park, November 3, 2002 42 Degrees, Light Rain

Male Results:

<u>Place</u>	<u>Time</u>	<u>Competitor</u>
1	18:11	Stephen Taylor
2	19:20	Aaron Aaker
3	20:01	Kevin Tyler
4	22:39	Daniel Lopez
5	24:11	Bill Morgan

6T	24:25	Joe Lopez
6T	24:25	Jim O'Dell
8	26:05	Greg Kuhl

Female Results:

<u>Place</u>	<u>Time</u>	<u>Competitor</u>
1	24:55	Fabiola Lopez
2	27:09	Tammy Bush

Race Directors: Stephen Bourgeois & Christian Reed

Cross Country Series 5k Bethel Park, November 10, 2002

Nate Smith	16:37
Travis Mack	16:59
Ted Zderic	17:03
Josh Grotzinger	17:32
Matt Richmond	18:24
Alex Sable-Smith	18:43
Matt Dreier	19:06
Dwayne Miller	19:12
Nick Heberle	19:54
Kevin Tyler	20:37
Daniel Lopez	22:21
Carol Witzak	22:28
Steve Lightner	22:31
Dean Stover	23:09
Kim Mouser	23:55
Joe Lopez	24:13
Jim O'Dell	24:40
Kelly Knaebel	25:26
Barton Howe	26:18
Chris Aaker	28:04
Beth Netz	28:29
Alex Chavez	34:41
Oscar Chavez	34:41

—Race Director Marc Keys

Jingle Bell 5k

1	Kent	Lang	M	40	16:18	47	Lisa	Wells	F	39	21:49	96	Jim	Peregoy	M	37	24:29
2	Pete	Doll	M	31	16:29	48	Scott	Holdridge	M	27	21:51	97	Hope	Seider	F	47	24:31
3	Nathan	Smith	M	17	16:52	49	Philip	Johnson	M	44	22:02	98	Ted	Hicks	M	47	24:38
4	Tim	Cornell	M	16	16:58	50	Kent	Runyan	M	53	22:03	99	Gayle	Johnson	F	53	24:39
5	Patrick	Steward	M	33	17:08	51	Michael	Sykuta	M	36	22:05	100	Rebecca	Miller	F	28	24:40
6	Marc	Keys	M	40	17:35	52	Briane	Gallagher	F	15	22:07	101	Eric	Rosenhauer	M	43	24:46
7	Matt	McClanattan	M	22	17:45	53	Diana	Meyer	F	16	22:09	102	Kelly	Knaedel	F	13	24:48
8	Matthew	Dreier	M	27	18:03	54	Carrie	Hargrove	F	15	22:12	103	Tina	Van Horn	F	30	24:50
9	Dwayne	Miller	M	41	18:05	55	Kent	Breeding	M	11	22:14	104	Angela	Passanise	F	30	24:52
10	Alex	Sable-Smith	M	17	18:20	56	J.p.	Palmer	F	37	22:20	105	Gregory	Cecil	M	49	24:54
11	Alison	Hodgson	F	23	18:30	57	David	Mountjoy	M	48	22:22	106	Kollin	King	M	14	24:57
12	Ryan	Deason	M	16	19:07	58	Stephen	Adkins	M	33	22:23	107	Jeff	Clodi	M	32	24:59
13	Nick	Heberle	M	14	19:12	59	Nanci	Hagenhoff	F	18	22:23	108	Andrew	McCarney	M	11	25:03
14	Kevin	Guthrie	M	15	19:14	60	Emilie	Raymond	F	29	22:28	109	Rob	Perkins	M	42	25:07
15	Eli	Burks	M	15	19:17	61	Jeff	Chattin	M	44	22:32	110	Phil	Seider	M	51	25:07
16	Ben	Mason	M	19	19:28	62	Edward	Rollins	M	43	22:37	111	Kirk	Anderson	M	53	25:08
17	Kevin	Tyler	M	46	19:31	63	Dave	Coogan	M	31	22:42	112	Brad	Volmert	M	27	25:09
18	Bradford	Noble	M	30	19:38	64	Briana	Belding	F	22	22:45	113	Robin	Blount	F	45	25:10
19	Wade	Reck	M	29	19:39	65	Robert	Simmons	M	60	22:47	114	Kyle	Menges	M	11	25:11
20	Terry	Hart	M	42	19:49	66	Joshua	Meyerpeter	M	25	22:48	115	Danielle	Ess	F	30	25:11
21	Jeff	Haddock	M	17	19:50	67	Will	Spencer	M	14	22:49	116	Mary	Avalle	F	39	25:12
22	Kurt	Kennett	M	34	19:55	68	Meghan	Coburn	F	15	22:51	117	Paul	Schneider	M	34	25:15
23	Scott	Rector	M	26	20:23	69	Katie	McInvale	F	16	22:52	118	Gayle	Linsenshardt	F	39	25:26
24	Beth	Luebbering	F	23	20:24	70	Kevin	Pace	M	40	23:00	119	Debra	Holtz	F	47	25:29
25	Matthew	John	M	22	20:27	71	Neville	Davis	M	51	23:02	120	Heather	Shvenberger	F	22	25:30
26	Mark	Kelty	M	46	20:33	72	Richard	Nistendirk	M	62	23:02	121	Nicks	Gwen	F	23	25:32
27	Chris	Hayday	M	32	20:44	73	Tom	Sweeney	M	38	23:03	122	Chris	Sheldon	M	29	25:37
28	Tom	Davis	M	50	20:47	74	Chris	Janku	M	50	23:10	123	Spencer	Miller	M	9	25:40
29	Hugh	Emerson	M	45	20:56	75	Jennifer	Tyson	F	26	23:23	124	Robert	Avalle	M	43	25:41
30	Kendall	Foss	F	14	20:57	76	Christina	Cook	F	21	23:24	125	Halley	Hollis	F	30	25:43
31	Scott	Foster	M	45	20:58	77	Lucas	Blount	M	15	23:25	126	Tiffani	Williams	F	30	25:53
32	Aileen	Gallagher	F	15	20:58	78	Suzanne	Whitaker	F	28	23:26	127	Jennifer	Horton	F	30	25:55
33	James	Jorgenson	M	41	21:07	79	Anne	Case-Halferty	F	16	23:27	128	Chris	Cornell	M	10	25:56
34	Sam	Hargadine	M	15	21:13	80	Brian	Jennings	M	34	23:30	129	Leslie	Matthews	F	41	25:58
35	Oscar	Chavez	M	38	21:17	81	Nathan	Hern	M	23	23:41	130	Andy	Shirkey	M	34	26:13
36	Matt	Harris	M	17	21:22	82	Steve	Harrington	M	44	23:44	131	Alex	McHugh	M	32	26:16
37	Dale	Harris	M	33	21:23	83	Brian	Anderson	M	15	23:45	132	Lori	McHugh	F	29	26:17
38	Richard	Wieman	M	52	21:28	84	Debra	McFarland	F	29	23:48	133	Carol	Rhodes	F	35	26:19
39	Steve	Lightner	M	51	21:29	85	Simon	Rose	M	37	23:51	134	Stacy	Glover	F	32	26:20
40	Krista	White	F	36	21:30	86	Amy	Hicks	F	14	23:55	135	Stephani	Smarr	F	17	26:21
41	Daniel	Hodgson	M	23	21:31	87	Jimmy	Reed	M	29	23:59	136	Nick	Goeke	M	36	26:21
42	Craig	Miller	M	32	21:38	88	Ana	Kelty	F	16	24:01	137	Teresa	Puckett	F	42	26:28
43	Phillip	Vance	M	17	21:40	89	Neil	Dwyer	M	20	24:03	138	Mark	Blount	M	45	26:33
44	Michelle	Moran	F	23	21:41	90	Shannon	Crosby	F	24	24:05	139	Mindy	Briscoe	F	14	26:37
45	John	Adams	M	41	21:43	91	Christina	Linder	F	25	24:12	140	Cecile	Desair	F	46	26:38
46	Abby	Kruger	F	15	21:44	92	Clinton	Prenger	M	19	24:13	141	Erika	Lockerd	F	25	26:39
						93	Zach	Garrett	M	18	24:15	142	Sara	Gauzy	F	20	26:41
						94	Cyndi	Sommerfeldt	F	42	24:19	143	Tyler	Cornell	M	11	26:43
						95	Tom	Rose	M	39	24:20						

Start the New Year off RIGHT!



DATE: December 31st, New Year's Eve

RACE STARTS at 4:00pm at the Flat Branch Park

PACKET PICK-UP the day of the race 2:30-3:30pm at Cyclextreme (19 S. 6th St.)

ENTRY FEE pre-registration - \$15 (before December 28th) or \$20 the day of the race (Pre-registration is encouraged!). *Cost includes: long sleeved t-shirt and First Night Admission Button

LATE REGISTRATION ends at 3:15pm the day of the race.

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, Chesapeake Bagels, Chipotles's, Columbia Track Club, Cyclextreme, EcoWater, Main Squeeze, Mayor's Council on Physical Fitness and Health, Shakespeare's Pizza, Tryathletics, Universi-T's, Walts Bike Shop, and Will B. Free Adventure Co.

Name: _____ Age: _____ Sex: M F

Address: _____ City: _____ Zip: _____

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 Box 57

1600 E. Broadway, Columbia, MO 65201

Attn: Dana Fedenia

Or return forms to Tryathletics or Will B. Free Adventure Co. on Chapel Hill , or Cyclextreme at 19 S 6th St.

Need a place to Stay?

Stay at the Regency Hotel in Downtown Columbia, 1111 E. Broadway.

Regency will give a discount if you say you are going to attend First Night. They have brand new rooms are \$68 or regular rooms are \$52.80. Thanks to Regency! Call them at 1-877-9-DOWNTOWN or contact them at www.regencydowntown.com Tell them you would like the First Night discount.

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 entities 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.

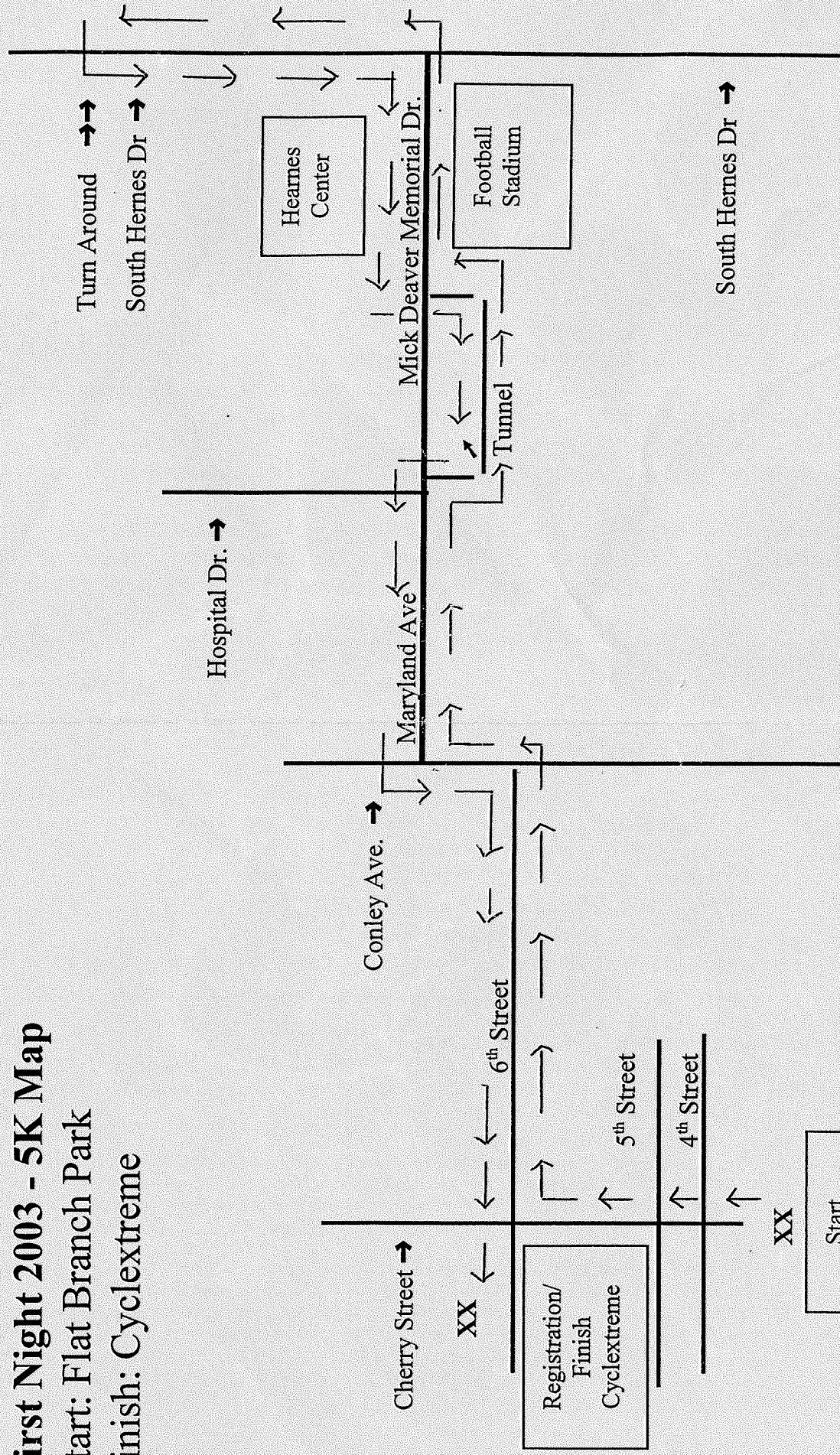
Signature _____

Parent or guardian signature if under 18 _____

First Night 2003 - 5K Map

Start: Flat Branch Park

Finish: Cyclextreme



144 Sarah Gehlert	F	21	26:44	196 Pia Capell	F	30	29:13	243 Niki Kriete	F	22	33:07
145 Jennifer Thompson	F	29	26:48	197 Alicia Ozenberger	F	26	29:16	244 Jennifer Brooks	F	29	33:23
146 Megan Crismon	F	21	26:51	198 Julie Snell	F	28	29:17	245 Charlott Dean	F	55	33:31
147 George Batek	M	36	26:51	199 Cortney Wright	F	35	29:24	246 Alice Landrum	F	51	33:43
148 Cody Linsensardt	M	10	26:52	200 Holly H. Bondurant	F	35	29:26	247 Misty Monie	F	27	33:55
149 Joe Duncan	M	68	26:53	201 Julie Miller	F	34	29:27	248 Mark Banks		48	34:12
150 Greg Olson	M	43	26:54	202 Julie Dougherty	F	36	29:33	249 Alan Spier	M	32	34:40
151 Monika Lusiak	F	17	27:00	203 Griffin Humphreys	M	10	29:38	250 Cassand Rogers	F	34	34:56
152 Andrea Wolf	F	16	27:01	204 Marla Mueller	F	46	29:42	251 Kristen Framz	F	23	35:06
153 Verne Horne	M	45	27:02	205 Megan Billings	F	17	29:45	252 Annette Humphreys	F	40	35:12
154 Sally Becker	F	32	27:07	206 Amy Foster	F	16	29:46	253 Holly Burns	F	27	35:21
155 Jonah Krueger	M	12	27:08	207 Caroline Cue	F	36	29:47	254 Deb Johnoff	F	44	35:22
156 Rebecca Highland	F	36	27:08	208 Kristene Vance	F	16	29:51	255 Lisa Chase	F	37	35:27
157 Barbie Miller	F	38	27:09	209 Wendy Spratt	F	34	29:53	256 Julia Alexander	F	42	35:29
158 Joanie Arthur	F	59	27:09	210 Beth Wilson	F	36	30:03	257 Kendra Beckett	F	22	35:37
159 Jordan Alexander	M	37	27:19	211 Megan Womack	F	23	30:04	258 Kim Harrison	F	41	35:57
160 Marjann Manker	F	25	27:22	212 Marshall Baker	M	28	30:05	259 Patty Gruber	F	50	35:58
161 Liz Straatman	F	42	27:25	213 Susie Adams	F	37	30:18	260 Christin Morian	F	41	36:27
162 Glenda Young	F	49	27:27	214 Steve Friedman	M	33	30:29	261 Linda Vogt	F	55	36:31
163 Gary Fennwald	M	51	27:28	215 Bill Bales	M	41	30:31	262 Jeanelle Twillman	F	70	36:32
164 Katrina Sommers	F	16	27:29	216 Megan Hart	F	21	31:03	263 Lori Schoemehl	F	30	36:42
165 Ali Price	F	43	27:32	217 Don Waltman	M	67	31:06	264 Meg Gray	F	40	36:58
166 Dennis McDevitt	M	60	27:34	218 Carolyn Roof	F	45	31:10	265 Anne Dohack	F	14	37:00
167 Jessica Moss	F	22	27:42	219 Cathy Carpenter	F	49	31:14	266 Brandy Blank	F	22	37:20
168 Sally Moore	F	26	27:43	220 Darcy Ames	F	30	31:20	267 Dave Shipman	M	54	37:33
169 Larry Sabulsky	M	42	27:44	221 Mariann Friedman	F	27	31:22	268 Hilary Ashworth	F	17	37:39
170 Ray Rutherford	M	48	27:48	222 Marcia Doll	F	47	31:27	269 Claire Crane	F	39	38:36
171 Thomas Highland	M	55	27:52	223 Jon Woodruff	M	36	31:29	270 Elizabet Tomicki	F	65	39:15
172 Danny Highland	M	53	27:54	224 Charlotte Brumfield	F	35	31:32	271 Rochelle Sherman	F	50	40:01
173 Rod Stevens	M	36	28:03	225 Craig Brumfield	M	36	31:34	272 Cynthia Nash	F	30	40:23
174 Tristan Lee	M	16	28:12	226 Haley Schwarz	F	22	31:37	273 Maria Cole	F	43	42:33
175 Jacob Blount	M	12	28:15	227 Karen Shealy	F	21	31:40	274 Landon Fitzpatrick	M	9	44:03
176 Sherrie Duggins	F	26	28:20	228 Jenessa Blalock	F	20	31:41	275 Jan Ford	F	50	44:30
177 Veronica Croan	F	19	28:21	229 Pat Gruber	M	50	31:43	276 Annette Berkley	F	42	47:02
178 Karen Garnson	F	48	28:22	230 Terry Chapman	F	46	31:47	277 Thresa Russell	F	38	47:03
179 Dean Hainsworth	M	40	28:22	231 Tina Smithers	F	21	31:52	278 Clint Nickelson	M	21	47:31
180 Erin Bilbrey	F	19	28:23	232 Nancy Fritsch	F	63	31:53	279 Kelly Nickelson	F	23	47:32
181 Adam Jones	M	19	28:24	233 Melody Parry	F	38	31:55	280 Deb Lynch	F	49	48:46
182 Scott Kennison	M	41	28:26	234 Tom Schware	M	22	31:58	281 Katie Otto	F	48	49:01
183 Rebecca Fitzpatrick	F	31	28:33	235 Richard Boggs	M	75	31:59	282 Sharon Boland	F	38	49:16
184 Katherin Lee	F	42	28:40	236 Kim Zeisset	F	21	32:11	283 Paula Heaviland	F	42	49:17
185 Olivia Harrison	F	12	28:47	237 Lynn Kink	F	45	32:19	284 Treaka Young	F	35	53:31
186 Debbie Karwoski	F	48	28:51	238 Julie Wagner	F	32	32:20	285 Maggie Johnson	F	32	53:32
187 Kris Schwendinge	M	51	28:53	239 Ian Thomas	M	40	32:28				
188 Peggy Horner	F	45	28:54	240 Matt Hammer	M	26	32:41				
189 Doug McVey	M	32	28:58	241 Kim Girse	F	25	32:49				
190 Susan Maynard	F	39	28:59	242 Andrea Allen	F	56	32:57				
191 Bill Schneider	M	66	29:03								
192 Susan R. Eckerle	F	26	29:07								
193 Jessica Hunter	F	21	29:08								
194 Sandra Rice	F	30	29:10								
195 Jill Kiley	F	31	29:11								



Cheese and Sauerkraut 10 Mile Race McBaine & MKT, Dec.7, 2002

Seventeen hardy runners had a 25 degree temperature and slight wind for the 8:30 a.m. start. The cheese prizes would go to the runners who came closest to their estimated time. No watches allowed. The course is completely flat with 8 of the 10 miles on asphalt and 2 miles on the MKT trail. The leaders were paced for the first 5 miles by a local Beagle dog who eventually waited at the finish line to greet the runners as they crossed. Joe Duncan won the big cheese award for being just 17 seconds off his predicted time. Neil Warner was 2nd with a 35 second discrepancy, and Dave Coogan was 3rd with a 39 second gap. The sauerkraut went to Marcena Tomicki. This was the first 10 mile road race for Ryan Deason who ran 1:16.58 which was good enough for 4th place overall. A very special thanks to Randy Gay and Scott Dressel for timing and scoring.

Place	10 Mile Time	5 Mile Split
1. Dick Hessler	1:09.29	34:19
2. Allen Benjamin	1:11.50	37:33
3. Oscar Chavez	1:13.40	36:33
4. Ryan Deason	1:16.58	37:33
5. Dave Coogan	1:20.39	40:33
6. Lisa Wells	1:21.43	40:33
7. Marzena Tomicki	1:22.51	41:55
8. Richard Nistendirk	1:22.52	41:55
9. Angela Passanise	1:25.07	42:38
10. Tina Bridges	1:25.08	42:38
11. Joe Duncan	1:30.17	44:43
12. Marc Lammy	1:36.13	47:12
13. Neil Warner	1:39.35	44:43
14. Christine Stamper	1:42.10	50:24
15. Gary Stamper	1:42.11	50:24



5 miles

Kala Jennings	45:10
Barbie Miller	45:10

—Race Director Dick Hessler (filling in for Jay Hasheider)

Kids' Korner

Look in this column for upcoming events for kids. This year we have more events for the little runners:

Mayor's Mile	March 15, 2002 (with St. Pat's 5k)
Kids' Mile	May 3, 2002 (with Human Race)
Family Fitness run/walk	May 10, 2002
Kid's Mile	May 26, 2002 (with Wellaware 5k)
Summer Youth Program	June 11 (for six consecutive Wednesdays)
Cross Country Series	October and November

In addition, the CTC Colts, a competitive youth track team will begin practice in the spring. The Colts compete in the Show-Me State Games and in cross country in the fall. We will keep you posted in upcoming newsletters.

2002-2003 Columbia Track Club Schedule

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

12/31	4 pm	First Night 5k	\$13	Tom LaFontaine, 442-2581	Flat Branch Park
2003 1/11	8 am	Runner's Choice 10k/20k	**	Mark Wilson, 443-5171	Bethel Park
2/1	9 am	Nut Race 5k	**	Dick Hessler, 874-2906	Reactor Park
3/5	6 pm	Track Workouts All ages and speeds welcome. Every Wed. night	**	Steve Stonecipher-Fisher, 447-2453 Dick Hessler, 874-2906	Hickman Track
3/15	8 am	St. Patrick's Day 5k and NEW: Mayor's Mile (for kids ages 5-12, no entry fee)	\$15	Scott Rubinstein, 447-3733 Steve Stonecipher-Fisher, 447-2453	Hickman Track

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

Out-of-Town Events



December	14	Frosty 5k, Motierly, 6 pm, 660-269-8705 ext. 2012
	28	Cure for the Holidays Run, Farmington, 9 am, (573) 339-7235
January	1	Resolution Run/ Walk 5k, Town & Country, MO, 10 am, (636) 207-3000
		Walking Ramblers New Year's Day 6 miles, St. Louis, 9 am, (314) 367-5589
		New Year's Day 5k, Cape Girardeau, 8 am, (573) 335-3617
	19	Snowball Series 25k/3M, Chesterfield, 7:15 am, (314) 434-9577
March		Sedalia Half-Marathon, Sedalia, 9 am, (660) 827-0274

For other out-of-town races see: <http://ctc.coin.org/>

Welcome New CTC Members

Zachary Chapman	Columbia
Matt Coudron	Columbia
Kendall Foss	Columbia
Pat Fowler	Columbia
Scott Holdridge	Columbia
Jim Howard	Columbia
Alic Landrum	Columbia
Nate Mechlin	Danielsville, GA
Sarah Moore	Columbia
Ali Price	Columbia
Alex Yalen	Columbia
Brad and Barbie Miller	Columbia
Ryan Deason	Columbia
Marzena Tomicki	Columbia

Running Shorts. . .

- You'll read his name in the "25 Years Ago" column—now he's in the National Track and Field Hall of Fame. Columbia's **Larry Young** was inducted into the Hall of Fame Dec. 6, 2002 in Kansas City. He won bronze medals in the 50km race walk at the 1968 and 1972 Olympics. He is the last American to win a medal in the sport. Larry is also a nationally known sculptor.
- The Leukemia & Lymphoma Society's endurance-training program, Team In Training, is looking for a run/walk coach for the Columbia area. If you are interested, please contact Marissa Pulizzi at (800) 264-2873 ext. 24.
- The newsletter would love to publish your out-of-town race stories. Please e-mail your race results, good stories, race evaluations, and pictures to: gundy@tranquility.net

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*

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