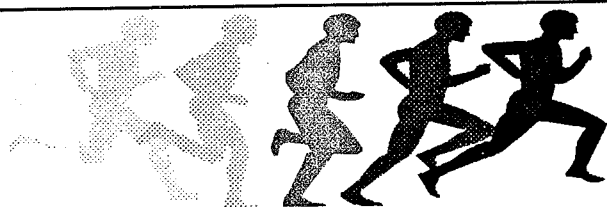


COLUMBIA TRACK CLUB

NEWS

Volume XXXV No. 4

June 2002



Wellaware Raises Record Amount

Thanks to all that participated in the Wellaware 5k, May 27, and for your patience with the results and problems with the computer. The great thing was that the Colts will get the profits from this race which totaled \$1420.26. This is the most we have made in the seven years of this race. This race could not happen without Boone Hospital and the support of Randy Gay, Dana Fedenia, Tom Allen, and Jim Keown, and many more who helped. A special thanks! Also Boone has made an additional \$1500, so the CTC Colt's will have a total of \$2920.26! Thanks to each of you who ran, and we hope to see you again next year.

—Race Director Mark Volek

1 Christian Reed M 31 16:40	33 Steven HemmannM 43 23:31	64 KatherineLee F 41 26:40	95 Karolyn Can-WingF 35 30:12
2 Stephen Bourgeois M 38 17:53	34 Don Corwin M 45 23:32	65 Gary Moss M 46 26:45	96 Kris Winge F 36 30:13
3 Tod Holdorf M 39 18:32	35 Ivan Schmidt M 26 24:04	66 Randy Schilb M 46 26:52	97 Philip Wood M 61 30:14
4 Steve Stone-Fischer M 45 18:50	36 Jim O'Dell M 58 24:20	67 Glenda Young F 49 26:53	98 Mark Lee M 45 30:15
5 Jason Paulsmeyer M 25 19:28	37 Tina Bridges F 35 24:21	68 Angela Passanise F 30 26:55	99 Laura Wells F 61 30:16
6 Michele McFadden F 42 19:38	38 Joe Love M 41 24:22	69 Joe Stiefkas M 41 26:59	100 Alex Bennett M 14 30:26
7 Kevin Tyler M 46 19:43	Dean Stover M 41 24:26	Craig Kolb M 40 27:08	101 Beth Wilson F 36 30:27
8 Nancy Taube F 42 20:06	39 Joyce Hahn F 42 24:28	70 Donna Romans F 54 27:11	102 CassandraMcGinnisF 33 30:28
9 Chris Cook M 30 20:18	40 Tom Spurling M 41 24:38	71 Dr Stitzer M 39 27:27	103 Jody Gac F 44 30:32
10 Sean Wright M 24 20:28	41 Zachary ChapmanM 14 24:39	72 Joe Duncan M 68 27:28	104 Don Waltman M 66 30:34
11 Wade Reck M 29 20:40	42 RandyShettlesworth M2424:45	73 Gina Henny F 26 27:41	105 Terry Chapman F 45 30:36
12 TysonStockglausnerM22 20:41	43 Tony Taube M 43 24:54	74 Kenneth Bartley M 45 27:58	106 Kris SchwendingerM 51 30:41
13 John Miller M 20 20:52	44 Joe Goldfarb M 62 24:59	75 Cindy Gates F 42 28:11	107 Nick Wilson M 15 30:50
14 Marzena Tomicki F 32 21:07	45 James Clahr M 34 25:00	76 Dan Schoenleber M 46 28:15	Sherry Corwin F 39 30:51
15 Dayton Grover M 37 21:25	46 Kollin King M 14 25:01	77 Marcia Muskrat F 39 28:22	108 Andrea Allen F 55 31:18
16 Tom Lafontaine M 55 21:45	47 Tristan Lee M 15 25:23	78 Tiffany Lee F 17 28:28	109 Debbie Karwoski F 48 31:18
17 J.P. Palmer F 37 22:00	48 SupornWonguatanyu F42 25:24	79 Jeff Wells M 43 28:33	110 Richard Boggs M 74 31:22
18 Krista White F 36 22:06	49 Bill Morgan M 51 25:29	80 Jess Newkirk M 56 28:36	111 Van Beasley F 57 31:34
19 Tom Tomicki M 37 22:22	50 David Black M 50 25:31	81 Ani Zapata F 16 28:50	112 Margaret Rutherford F44 31:53
20 David MountjoyM 47 22:29	51 Elaine Foster F 50 25:33	82 Doug McVey M 31 28:52	113 WilliamStockglausnerM51 31:59
21 Nichole Hackett F 34 22:36	52 Nancy Schmidt F 31 25:39	83 Jennifer ThompsonF 29 28:59	114 Olivia Harrison F 11 32:31
22 Jeff Bridges M 29 22:37	53 Ray Rutherford M 47 25:45	84 Erika Griesemer F 30 29:14	115 Dena Castilow F 30 32:33
23 Robert Simmons M 60 22:50	54 Scott Sandstedt M 27 25:50	85 Brad Newkirk M 30 29:18	116 Marie E Kerl F 40 32:38
24 Joe Troxell M 25 22:52	55 Greg Luebbert M 41 26:01	86 Byron Bauer M 35 29:22	117 Lynn Kirk F 45 32:45
25 Micheal Bryant M 32 23:15	56 Jim Peregoy M 36 26:05	87 Andi Heller F 24 29:23	118 Jody Malan F 25 32:55
26 Steve Lightner M 50 23:18	57 Jeff Maher M 31 26:06	88 Caroline Cue F 36 29:45	119 Tanya McVey F 32 33:01
27 Melissa Everitt F 24 23:21	58 Rod Stevens M 36 26:10	89 Janelle Harrison F 13 29:47	120 Laura Pruitt F 32 33:02
28 Derek Freurd M 23 23:25	59 Jen Horton F 29 26:12	90 JohnHarrison M 40 29:48	121 Rex Hoggatt M 46 33:04
29 Mark Phillips M 58 23:26	60 Sally Becker F 31 26:14	91 Rebekka Mars F 16 30:01	122 Jon Kruse M 34 33:23
30 J. A.Johnmeyer M 46 23:27	61 Julie Wissbaum F 41 26:23	92 Jordan AlexanderM 36 30:06	123 Summer Allen F 52 33:29
31 Chris Janku M 49 23:29	62 Lisa Wells F 38 26:31	93 Stephanie AganF 36 30:07	
32 Chuck Archer M 38 23:30	63 Frank Schmidt M 54 26:36	94 Tony Spaedy M 39 30:09	

(Continued on page 5)

Summer Youth Track Program

The Summer Youth Track Program will begin June 12 at 6 pm, and continue for six consecutive Wednesday nights. This year the events will be held at Hickman Track. The registration form is on page 5; participants are encouraged to pre-register and avoid long lines the first night. Due to the location some events will only be offered every other week. Complete information will be available the first night when you check in. Thanks to **Boone Hospital Center** for their generous donation in keeping this successful program alive. Volunteers are welcome and encouraged!! Please call Tom Allen (449-5655) or Linda La-Fontaine (442-2581) with any questions or to volunteer your time.

Quote of the Month

"Running against traffic allows the runner to be in command. Any-one who is alert and agile should be able to stay alive."

—Dr. George Sheehan

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

May 7, 1977 MVA AU ONE HOUR RUN: 1. Doug Clark 11 miles, 527 yards 2. John Durbin 11, 18 3. Jon Herbert 10, 1523 4. Denton Childs 10, 1115, 5. Dick Hessler 10, 929, 6. Dennis Stewart 10, 726, . . . 8. Whitney Hicks 10, 379. . . 10. Ben Londeree 10, 209. . . 13. Howard Guscar 10-83 (This was Guscar's first race of any kind; In his short CTC racing career, Guscar, an ex-Marine, was noted for his maniacal intensity in workouts and races) 14. Arnie Richards 9, 1251. . . 21. Wesley Paul, age 8, 9, 546. . . 24. Joe Marks 9, 258. . . 30. Joe Duncan 8, 1041 . . . 54. Amy Hessler, age 11, 6, 1619

62 runners, 13 over 10 miles! Probably the greatest One Hour Run we ever had. In the Predicted Distance competition, Tom Hinckley missed his distance by only 8 inches!

Wesley Paul set age 8 records for 3 miles (18:42) & 6 miles (40:17)--these were American records.

May 21, 1977 Sprint Triathlon: 1. Dennis Stewart 7:19.2 (1500: 4:20.5, 800: 2:04, 400: 54.7). . . 3. Augie Hirt 7:48.2 (4:35.5, 2:14.2, 58.5) . . . 5. Howard Guscar 7:57.0 (4:37, 2:18,

62.0), 6. Tom Hinckley 8:02.8 (4:43, 2:19.4, 60.4), 7. Mike Chipendale 8:14.9 (4:45, 2:24.9, 65.0). . . 12. Turk Storvick 8:49.6 (5:05.5, 2:33.6, 70.5), 13. Olen Brown 8:54.6 (5:08, 2:39, 67.6). . . 15. Joe Duncan 9:03.3 (5:14, 2:40, 69.3)

May, 1977: In Longmont, CO, Augie Hirt set American race-walking records for 50 miles (8:13:55) and 100 kilo (10:23:31). This was on the track with rain and sleet; Augie didn't really feel very well from about two miles on--so he walked 60 miles when not feeling very well.

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:

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/>

From our president...

Hej (Swedish for hi) Fellow Runners,

I'm off to Sweden and packing my bag gave me thought about a running gear point that I want to share with you before taking off.

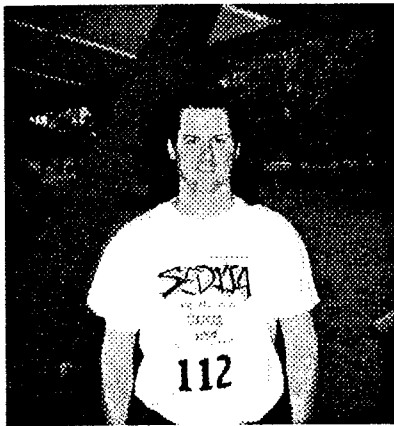
I know several runners who train on the MKT trail every day. They run at the same pace over the same ground, day after day. Most of us vary our running courses a bit more than this, but we probably have an abundance of one type of terrain, surface, and so forth. In short, we are in a groove. At times, we get nagging pains in the feet or lower legs. I have a theory that the sameness of surface and terrain can aggravate these small problems and turn them into bigger ones.

If you can't or don't want to change the route, then change your shoes. Have two or three pairs of different brands of training shoes, all in good shape. Alternate them daily. Be sure to pull out the insoles when the shoe is wet and let the shoe dry away from heat in an area where there is some air circulation. I put mine in front to the air vent on the bottom of the refrigerator. Also, never put your running shoes in the washing machine or in the direct sun for several hours. By alternating shoes, you put different stresses on the foot, sort of like changing terrain does. Also, it gives the other shoes time to recover.

Keep training.

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



Kurt Kennett

Age: 34

PERSONAL RECORDS:

1/2 mile:	2:05	10k:	35:17
Mile:	4:37	15k:	59:52
2 Mile:	10:14	1/2 Marathon:	1:24:19
5k:	16:43	Marathon:	3:22:29
Current decade;			
5k:	20:35	Marathon:	4:31:16
1/2 Marathon:	1:38:27	12 hours:	41 miles

WEEKLY MILEAGE: 35-45 miles per week

WHEN DID YOU START RUNNING? 7th grade cross country and track. I started running year-round my sophomore year in high school (March 1984).

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

Influence: My high school coach, Greg Leweke

Role Models: I liked following Sebastian Coe and Steve Ovett when they were setting lot of records in the early Eighties. Steve Cram, Jesse Owens, Roger Bannister, Paavo Nurmi, Bruce Jenner

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

High school: 2 mile relay, mile, 2 mile, and cross country (Niles, Michigan)

I was the team captain in cross country and track. I was part of a Regional Champions track team.

WHAT IS YOUR FAVORITE WORKOUT? Long runs when I don't have to do anything else for the rest of the day.

PERSONAL INFO AND INTERESTS: Three year CTC member. I work for MU. I enjoy rock climbing. I also hope to still be running when I'm 80+.

Editor's note: Kurt is the CTC webmaster, and we appreciate all he does in keeping the website current.

Welcome New CTC Members

Jay Burchfield	Columbia
Iris Calloway	Columbia
Melissa Everitt	Columbia
Debbie Karwoski	Columbia
August LaBrunerie	Columbia
Rossana Lo	Columbia
Leslie Matthews	Columbia
Paul Peterman	Columbia
Jim Rutter	Columbia
Krista White	Columbia

Running Shorts. . .

- CTC member Angela Woodland completed her first marathon in Lincoln, Nebraska May 5, 2002. Angela finished in 4:36, in a field of 3,100 participants. Her husband, Kevin, completed the half-marathon in 2:05.
- Please check the CTC website for the **Jeff Shikles Memorial 8k** results from May 19.
- **Welcome** new members **Allison Keys**, daughter of Marc and Erin Keys, born April 23, 2002 and **Madison Polniak**, daughter of Jennifer and Alan Polniak, born April 7, 2002.
- The next CTC newsletter will be published after the Heart of America Marathon. Happy summer running!

Show-Me State Games 5k Stampede Run

Columbia, April 27, 2002: The weather was upper 50's, with a steady, cold, and sometimes hard rain throughout. This was run on the Reactor Course (home of the Nut Race). **THANKS** to the Missouri Beef Council (Steve Taylor) for their sponsorship—for the medals, ribbons, many door prizes, and for the great BarBQ. All participants got their Show-Me State Games t-shirt and are automatically entered in the Show-Me Games 5k set for July 29. And **Thanks** to Tom Allen, Bill Sappington, Lisa Wells, Jeff Wells, and Bob Murray, of the Show-Me State Games office, for their fine help with race administration during the race.

—Race Director Joe

1. Bob Busby	52 18:33	15. Chris Cornell	10 23:28	27. Bob Humphreys	75 27:30
2. Kevin Tyler	46 19:21	16. Melissa Everitt	24 23:32	28. Rick Bush	49 28:05
3. Phil Schaefer	48 19:48	17. John Schulz	44 23:42	29. Pamela Muren	31 28:18
4. Andy Shirkey	33 19:58	18. Richard Nistendirk		30. Suzanne Wright	51 28:24
5. Nancy Taube	42 20:01		63 24:04	31. Michelle Grubicy	1029:30
6. Sean Wright	24 20:51	19. Rebecca Miller	28 24:08	32. John Kruse	34 29:53
7. Josh Gray	22 21:12	20. Tony Taube	43 24:10	33. Laura Wells	61 30:11
8. Oscar Chavez	38 21:23	21. Bill Morgan	51 25:10	34. Andrea Allen	55 30:12
9. Mike Towle	54 21:46	22. Suporn Wongvatunya		35. Van Beasley	57 31:05
10. Brad Wright	52 22:43		41 25:38	36. Don Waltman	66 31:16
11. Hugh Emerson	44 23:01	23. Rod Stevens	36 25:51	37. Barney Sword	72 31:24
12. Pat Cornell	13 23:02	24. Kelly Knaebel	12 26:09	38. Linda Vogt	54 41:07
13. Kyle Grubicy	13 23:03	25. Don Ballenger	60 26:35		
14. Steve Lightner	50 23:20	26. Ken Bartley	45 27:15		

Summer All-Comers Track

June 4	800, 1600
June 11	3200, 400
June 18	1600, 400
June 25	800, 1600

The track events will be held at Hickman Track at 7 pm each Tuesday. For more information call Marc Keys, 256-2635



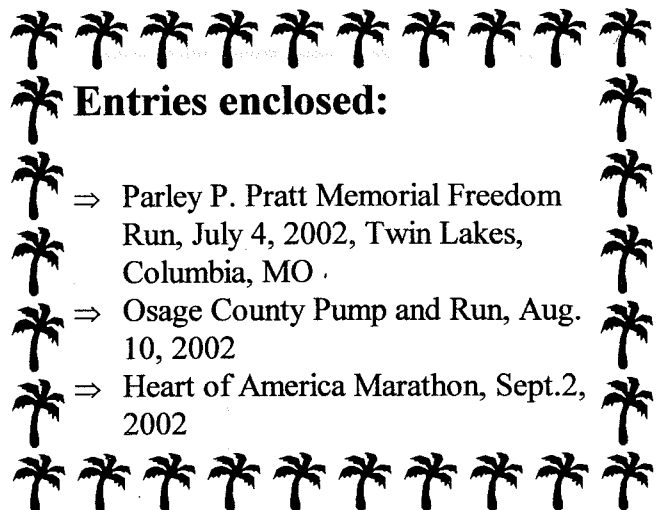
Spring Couples Run/Walk 4 miles

May 11, 2002

Three couples and seven individuals braved the inclement weather to run four miles May 11. It rained extremely hard thirty minutes prior to the race, but by race start the rain had moved on. Runners were treated to near-perfect race conditions with temperatures in the mid-50's. In addition eight out of the thirteen participants will enjoy a night out at **Flat Branch Pub and Brewing**—thanks to Flat Branch for their generous donation of gift certificates.

—Race Director Amy Gundy

1. Allison Hodgson	25:20	Couples Winners:
2. Sean Wright	26:28	Daniel Hodgson
3. Kurt Kennett	26:32	Allison Hodgson
4. Daniel Hodgson	28:52	
5. Daniel Lopez	29:07	Fabiola Lopez
6. Melissa Everitt	29:25	Joe Lopez
7. Joe Lopez	31:14	
8. Fabiola Lopez	32:15	Melissa Everitt
9. Rod Stevens	32:48	Sean Wright
10. Jim O'Dell	33:05	
11. Jim Peregoy	33:19	Individual Winners:
12. Joe Duncan	33:29	Kurt Kennett
13. Jon Kruse	42:01	Daniel Lopez



(Continued from page 1)

124 Cory Collins	M	25	33:42	Brenda Wilson	F	45	44:14
125 Cara Brandenburg	F	35	33:43	Vivian Saupe	F	68	44:16
126 Alicia Altomari	F	32	34:28	Joe Saupe	M	73	44:17
127 Amy Eberz	F	30	34:37	Chelle Sherman	F	49	44:18
128 Dana Womack	F	24	35:58	Sherry Tisone	F	37	45:05
129 Maggie Ubl	F	63	36:19	Susie Keepper	F	39	45:06
Harold Decker	M	46	36:31	Julia Griesemer	F	35	45:07
130 France Clahr	F	41	36:33	Theresa Williams	F	40	45:08
131 Elizabeth Siefkas	F	30	36:53	Sarah Moore	F	26	45:09
132 Jearell Berlets	F	39	36:58	Diane Bartley	F	46	45:54
133 Bill Clark	M	48	38:35	Kathy Karl	F	40	46:24
134 Tom Harrison	M	30	38:38	Carol Terrazas	F	40	46:27
Peggy Horner	F	44	38:44	Ann Alofs	F	29	47:06
Shara Runyan	F	50	38:50	Lisa Frick	F	30	47:07
135 Jill Hoggatt	F	22	38:58	Steve Weddle	M	54	47:09
136 Kim Harrison	F	41	39:18	Sally Mertz	F	62	47:11
137 Gerry Routh	F	54	40:10	Marianne Secrest	F	45	49:37
138 Harry Boul	M	58	40:11	Sharon Stevens	F	58	49:48
139 Kristen Thackery	F	8	41:35	Elizabeth Gerhardt	F	81	50:04
140 Greg Thackery	M	38	41:36	Linda Rexroth	F	49	50:05
Margaret Miller	F	51	41:56	Ravae Ford	F	48	50:06
141 Donna Amlund	F	46	41:59	Lee Black	F	52	50:15
142 Maria Cole	F	42	42:29	Christine Weddle	F	42	50:39
Ted May	M	50	43:36	Jack Lavdenslager	M	63	50:40
Angela Bartley	F	16	43:56	Carol Duermeyer	F	46	53:43
Darlene Saxe	F	37	43:57	Glenn Duermeyer	M	61	53:44
Deb Dunn	F	42	43:58	Cynthia Nash	F	30	53:59
Kristine Sandstedt	F	26	43:59	Cheryl Scott	F	45	54:00
Sue Bullock	F	52	44:00	Bonner Mitchell	M	72	55:01
Tracy Evans	F	25	44:02	Paul Ehly	M	87	1:12:23
				Helen Smith	F	83	1:12:24
				Norman Schoepel	M	60	1:12:25

New Product Tested:

by Amy Gundy

I recently field-tested a new hydrating product called "Sportsips." I was interested in the product because I often run with my dog, and this was a good way to run and have my hands free to deal with him. I do not like to carry a water bottle or wear a fanny pack. Sportsips are designed to wear on your wrists as you run, bike, roller blade, or hike. They are adjustable using Velcro, and, with water, each sportsip weighs only 3/4 lb.

Rob Smith, the owner of Sportsips wrote me, "The strengthening of the upper body is an important aspect of the product concept. Also, for anyone interested in maintaining or losing weight by running, a little upper body cardio boost by the weight of the Sportsips at the outset and continuing (as the weight reduces) through the workout absolutely helps in that regard."

I have worn them several days. I do feel my arms getting a workout, and there is just enough water to get me through my run. They felt quite awkward at first, but after getting used to them, I liked the little bit of weight added to my arms. And I do like the extra water on hot days!

Rob is really easy to talk to so feel free to e-mail him with questions: srob1@san.rr.com or check out his website: www.sportsip.com

Cut and mail with entry fee to address below

COLUMBIA TRACK CLUB



Columbia Track Club Summer Youth Program

PLEASE PRINT

Athlete's last name	First name	Age	Sex
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Address

Phone

I, _____ (signed by parent/guardian of athlete)
 consent to _____'s (athlete's name) participation in the Summer Youth Track Program, and I hereby waive any and all claims for damages which I might have against the Columbia Public Schools and the Columbia Track Club for any injuries suffered by my athlete as a result of or during this program. *I have read and agree to comply with the rules as outlined on the CTC Youth Program information sheet.*

Please mail with entry fee (\$1.00 per athlete) to:

Jeanine Pagan

701 Bluff Dale Dr.

Columbia, MO 65201

make checks payable to: Columbia Track Club

Thanks to all Club Members who turned out to race on May 4th in the **Joe Marks Memorial Human Race**. It was a great day (maybe a little too warm) and the number of racers were almost doubled from last year. Thank you to our awesome sponsors - Columbia Tribune, J. Louis Crum Corp, HyVee, Wellaware, Tryathletics, Premier Marketing, and the Mayor's Council on Physical Fitness. Also thanks to our volunteers who made the race such a success - Kurt Kennett, Jeff Bridges, Kerry Geffen, Leann Renn, Randy Gay, Jennifer Horton, James Rowden, Steve Stonecipher-Fisher, Joe Duncan, Bob Humphreys, Kishore Pillershetty, Bonnard Mosley, Joe Cragin, Don Fritz "Fuzzy", Dan Marks, Mary Marks, Anne Hessler, Rudy, Mark Volek, Jim Keown, Tom and Linda Lafontaine, and Tom Allen for so graciously giving their time. An extra special thanks to Ryan Stonecipher-Fisher for leading the racers on his bike, to Bob Humphreys for answering countless questions, Steve Stonecipher-Fisher for all his extra time and energy, and Columbia Public Schools for use of the school grounds. This was the first race we have directed so it was quite a sight to see Christian Reed race across the finish line in just over 26 minutes. It was great to have such a wide range of runners and walkers participate in this event. Hope to see you all next year. Thanks! —Race Directors David Coogan and Angela Passanise

1	Christian Reed	M	31	26:12	46	Mary Jesaitis	F	20	40:33	91	Jody Gac	F	44	50:32
2	Stephen Bourgeois	M	38	28:22	47	Carol Rhodes	F	35	40:39	92	Richard Boggs	M	74	50:33
3	Patrick Steward	M	33	28:36	48	Chris McCord	M	17	40:40	93	Iris Calloway	F	46	51:16
4	Steve Stonecipher-Fis	M	45	29:26	49	Joe Siefkas	M	41	40:46	94	Steve Calloway	M	46	51:17
5	Jim Wilbur	M	25	30:41	50	Erika Ringdahl	F	37	40:53	95	Barney Sword	M	70	51:38
6	Michele McFadden	F	42	30:48	51	Amy Gundy	F	36	41:00	96	Jordan Alexander	M	36	51:53
7	Chris Cook	M	30	30:59	52	Kelly Knaebel	F	12	41:08	97	Molly Schumann	F	31	53:00
8	Alison Hodgson	F	23	31:13	53	Joe Troxell	M	25	41:14	98	Christine Stamper	F	32	53:38
9	Kevin Tyler	M	46	31:16	54	Greg Luebbert	M	41	41:19	99	Leslie Schneider	F	47	53:39
10	Nancy Taube	F	42	32:02	55	Joe Duncan	M	67	41:32	100	Gary Stamper	M	45	53:40
11	Philip Schaefer	M	48	32:06	56	Rod Stevens	F	36	41:50	101	Mike Henry	M	55	53:44
12	Dick Hessler	M	60	32:11	57	Kenneth Bartley	M	45	42:44	102	Jon Kruse	M	34	53:51
13	Aaron Coburn	M	21	32:46	58	Jane Kruse	F	48	42:52	103	Karolyn Winge	F	35	53:58
14	Allan Benjamin	M	46	32:53	59	Becca Dawson	F	19	43:20	104	Gabby Doerhoff	F	18	54:08
15	Burton Heller	M	31	33:40	60	Andrea Nigh	F	20	43:20	105	Elizabeth Siefkas	F	30	55:38
16	Sean Wright	M	24	33:54	61	Lucia Demaio	F	24	43:39	106	Amber Kendall	F	10	55:39
17	Sean Wright	M	23	34:48	62	Bill Morgan	M	51	43:55	107	Marlie Hinshaw	F	9	55:39
18	Robert Simmons	M	60	34:58	63	Thomas Highland	M	54	43:58	108	Jeanell Bertels	F	39	56:04
19	Kent Runyan	M	52	35:06	64	Tanner Cassill	M	11	44:16	109	Keenan Curtis	M	11	56:12
20	Richard Wieman	M	52	35:17	65	John Prost	M	11	44:17	110	Lucia Quearry	F	46	56:59
21	Eric Bassett	M	31	35:32	66	Rebecca Highland	F	36	44:31	111	Garry Mulder	M	50	57:00
22	Krista White	F	35	35:47	67	Glenda Young	F	49	44:50	112	Bill Clark	M	48	1:01:27
23	Emilie Raymond	F	27	35:57	68	Katherine Lee	F	41	44:51	113	Lisa Wells	F	38	1:04:40
24	Chris Janku	M	49	36:33	69	Rebecca Fitzpatrick	F	30	45:07	114	Leslie Pinkley	F	20	1:04:49
25	Steve Lightner	M	50	36:43	70	Brian Williamson	M	24	45:31	115	Tammy Rominger	F	32	1:05:26
26	Joshua Meyerpeter	M	24	36:49	71	Danielle Doerhoff	F	21	45:32	116	Anja Harlow	F	10	1:05:34
27	Terry Schumann	M	30	36:50	72	Todd Jenkins	M	11	45:50	117	Tom McCord	M	50	1:06:24
28	Michael Sykuta	M	35	37:01	73	Lynda Wright	F	40	45:57	118	Tim McCord	M	11	1:06:25
29	Melissa Everitt	F	24	37:06	74	Kris Schwendinger	M	51	46:48	119	Patty Powers	F	50	1:06:57
30	Dave Gibbons	M	52	37:07	75	Elaine Kent	F	53	46:51	120	Peggy Horner	F	44	1:07:14
31	Lyle Johnson	M	31	37:24	76	Janet Brant	F	50	46:57	121	Karen Madrone	F	29	1:08:50
32	Hugh Murrell	M	37	37:29	77	Warren Prost	M	44	47:08	122	Maria Cole	F	42	1:08:59
33	J. A. Johnmeyer	M	46	37:31	78	Scott Kennison	M	40	47:38	123	Cory Foster	M	13	1:11:00
34	Daniel Hodgson	M	22	37:46	79	Emily Enkvetchakul	F	27	47:51	124	Scott Ronis	M	24	1:11:01
35	Tom Lafontaine	M	55	38:12	80	Heather Gall	F	26	47:55	125	Ted May	M	50	1:12:37
36	Casey Camp	M	39	38:17	81	Kristi Stock	F	34	48:10	126	Jacob Rominger	M	10	1:14:06
37	Scott Holdridge	M	27	38:24	82	Andee Flood	F	32	48:11	127	Richard Logsdon	M	48	1:14:36
38	Rebecca Miller	F	28	38:29	83	Laura Wells	F	61	48:26	128	Carol Terrazas	F	40	1:19:56
39	Kevin Pace	M	39	39:00	84	Stephanie Agan	F	36	48:52	129	Kathy Karl	F	40	1:20:03
40	Simon Rose	M	37	39:04	85	Pat Gruber	M	49	48:59	130	Elizabeth Gerhardt	F	81	1:21:30
41	Joe Goldfarb	M	62	39:23	86	Don Waltman	M	66	49:18	131	Sally Mertz	F	62	1:21:31
42	Steven Graves	M	55	39:24	87	Debbie Karwoski	F	48	49:19	132	Melba Shaffer	F	60	1:24:53
43	Jenny Evans	F	20	40:07	88	Andrea Allen	F	55	49:27	133	Carol Duermeyer	F	46	1:24:54
44	Suporn Wongvatuny	F	42	40:11	89	Maggie Holland	F	10	49:43					
45	Sammy Goedrich	M	34	40:27	90	Van Beasley	F	57	50:23					

2ND ANNUAL OSAGE COUNTY PUMP AND RUN



WHAT MAKES AN OVERALL ATHLETE? COME COMBINE STRENGTH,
SPEED, ENDURANCE AND FIND OUT!!!

Compete in the **Pump and Run**, OR choose to compete in just the **5K Run** or the **"Pump"**

DATE: Saturday, August 10th, 2002

CITY, STATE: Linn, Mo.

SITE: Linn High School (the new one!) and Fieldhouse. The race will start at the track.

To get there take HWY 50 East of Linn (approx. 3 miles) to CC.

COST: \$15 pre-registration by August 3rd, \$17 after and day of race. Shirt included!!!

PRIZES: Medals for: Top 3 male and female in each class for adjusted score

Top 3 overall male and female unadjusted time

Top 3 overall male and female bench press

Overall male and female champion receives a plaque

CLASSES: 13 and under, 14 to 18, 19 to 50, 50 and up.

PUMP: Start at 7:00 am, Saturday, August 10th at the track

Or Friday, August 9th, 6:00 to 7:00 pm in the Fieldhouse (gym) ***

Men: Bench Press 90% of your weight as many times as you can.

Women: Bench Press 50 % of your weight as many times as you can.

Each rep will deduct 15 seconds off your 5 K time to find your adjusted score.

*** We encourage those of you who are "local" to do your lifts Friday, to alleviate any bottlenecks.

RUN: 5 Km. Start at 8:30 am

The race will start and finish on/near the track, the course is on grass!!!

RACE COORDINATORS:

Dave Buck

317 County Road 398

New Bloomfield, Mo. 65063

(573) 491-4130

buckd@fatima.k12.mo.us

Brett Phillips

Linn, Mo.

(573) 897-2226

THANK YOU

TO THESE MAJOR SPONSOR:



**LINN
STATE
BANK**
AND THE BRANCHES

**OSAGE COUNTY PUMP AND RUN
AUGUST 10TH, 2002
REGISTRATION FORM**

Cost \$15 before August 3rd, \$17 after

NAME: _____ AGE: _____
GENDER: _____
ADDRESS: _____ CITY: _____
STATE: _____ ZIP CODE: _____

Check one:

PUMP AND RUN: _____ **RUN:** _____ **PUMP:** _____

SHIRT SIZE **circle one:** S M L XL

Make all checks payable to Dave Buck, Race Coordinator. Send registration form and money to Dave Buck, 317 County Road 398, New Bloomfield, Mo. 65063

Parley P. Pratt
Memorial Freedom Run

1 mile walk or 4 mile run

THURSDAY, JULY 4TH, 2002

**Both events start at 7:30 a.m. at Twin Lakes Pavilion
off Chapel Hill Road in Columbia, MO.**

1 mile walk and 4 mile run are MKT Trail events which start and finish
at the Twin Lakes Pavilion

Race Fee for 4 mile run:

\$1 for adults and children over 12 Children under 12 are free

1 mile walk is free to all participants

Registration for runners is on race day

**Runners: Please arrive at the Twin Lakes Pavilion
by 7:00 a.m.**

to allow time for registration.

Walkers will NOT need to register, but should arrive by 7:15 so
that the event can start on time at 7:30. Children of all ages are
welcome to participate in the walk. Strollers are welcome. Bikes
and big wheels are fun, but discouraged for this event.

Questions: contact Craig Israelsen at 442-5028

Race sponsored by the Columbia congregations of the Church of Jesus Christ of Latter-day Saints &
Missouri Latter-day Saint History Foundation. Race clock provided by the Columbia Track Club.

43rd ANNUAL HEART OF AMERICA MARATHON

Labor Day, September 2, 2002

Columbia, Missouri

Columbia Track Club

Starting time: 6:00 AM CDT

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

Entry Deadline: PLEASE, by August 31, although later entries will be accepted.

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

Packet Pick-Up: Sunday, September 1. Packets will be handed out between 3:00 PM and 7:00 PM at the Campus Inn and between 5:00 AM and 5:45 AM on race day.

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

Headquarters: Campus Inn, 1112 Stadium Blvd. Call 573 449-2731 for reservations. Rate: \$49 (for one to four persons) for Sept. 1 only. Refer to Conf # 94756

Awards: Awards to first 6 male finishers, first 3 female finishers, first 3 male 40-49, 50-59, 60+, first 3 female 40-49, 50+. Marathon T-shirts to all entrants. "I FINISHED" medals to all finishers. Dave Schulte Award for Improved Performance to the runner with the greatest percentage improvement when the previous best HOA, any year, is less than five hours.

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

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

ENTRY FORM

(Return to: Joe Duncan, 2605 Chapel Wood Terrace Columbia, MO 65203)

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

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

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

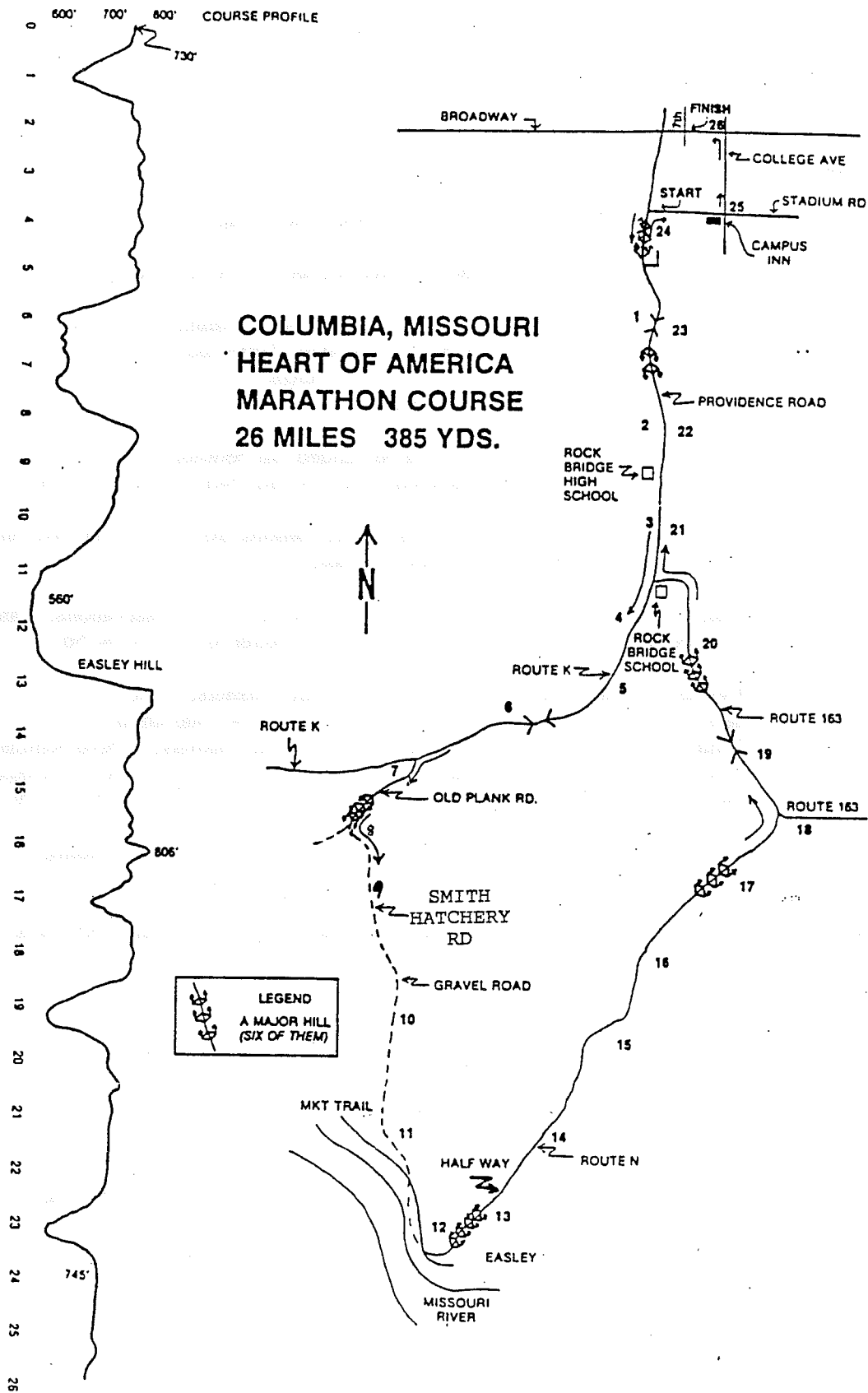
Address: _____ State _____ Zip: _____
Street City

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

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

Where? _____ When? _____

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



2002 Columbia Track Club Schedule

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

6/4-6/25	7 pm	Summer All-Comers Track (every Tuesday in June)	**	Marc Keys, 256-2635	Hickman Track
6/12	6 pm	Summer Youth Program (every Wed. for six weeks)	\$1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581	Hickman Track
6/22	7:30 am	Show-Me State Senior Games 5k (10k June 23)	\$15	Joe Duncan, 445-2684	East side of Faurot Field
7/6	7 pm	Distance Medley 3 mile, 2 mile, 1 mile (Tryathletics gift certificates will be awarded for any new record)	**	Stephen Bourgeois, 875-3001	MU Track
7/28	8 am	Show-Me State Games 5k (Track & Field July 20, 21 Triathlon July 21)	\$15	Joe Duncan, 445-2684	East side of Faurot Field

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

Out-of-Town Events

June	6	World's Largest Run (YMCA national run), St. Joseph, 9 am, (816) 232-3344
	8	Paul Revere Run 5k, Oak Grove, MO, 7:30 am, (816) 690-4147
	15	5th Annual Spring Sprint Cross Country 5k, Fayette, 8:30 am, (660) 248-1911
		Father's Day 5k, Jefferson City, 8 am, (573) 681-9622
	22	Running Raider Classic 5k/10k, Quincy, IL, 9:30 am, (217) 221-7356 (see below)
July	29	Black River Festival 5k, Poplar Bluff, 7am, (573) 686-6711
	4	Firecracker Mile, Sedalia, 8 am, (660) 827-6809
		Firecracker Mile, Jefferson City, 8am
August	6	Hannibal Cannibal 10k/5k, Hannibal, 7am, (573) 221-0561
	10	2nd Annual Osage County Pump and Run, Linn, MO, 7:00 am, (573) 491-4130 (entry enclosed)



The Hershey Track and Field meet will take place in Columbia at Hickman Track, June 8, 2002. This program is for boys and girls from 9-14 years old. Track events include the 50, 100, 200, 400, 800, 1600, and 4x100 relays. The field events are the standing long jump and softball throw. Check-in time is 9 am, and the meet begins at 10 am. For more information call 874-6378 or 874-7460.

The Running Raider Classic will be held on **June 22nd**. All races start at 9:30am in front of Quincy Notre Dame High School. The 5K races, which are suitable for all runners/walkers, will take all participants through South Park and under the Stone Arch Bridge before returning to QND. The challenging 10K is a perfect companion race to the Hannibal Cannibal and will take runners through South Park, Indian Mounds Park and down Jackson Hill before returning to QND. Awards will be given to the top two male and female runners in 10 age categories for both the 5K and 10K races as well as to the top three competitive walkers. The cost of the race is \$15 (\$12 for runners age 9-13) for those registering before June 7th. There is no cost for children under age 9. Runners will receive a race T-shirt, a goodie bag and food. For more information, contact Andy Edgar at 217-221-7356 or at runningraiderclassic@hotmail.com.

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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