

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXV No. 6

November 2002



### BACK TO STANKOWSKI FIELD (AGAIN) for the 9<sup>th</sup> ANNUAL HOMECOMING RUN/WALK

Unlike the below freezing temperatures experienced two years earlier at Stankowski, the weather was fine (sunny and above 40 degrees) for some 250 runners/walkers participating in the October 19, 2002 Homecoming 5K Run/Walk. For the fifth consecutive year the University of Missouri Alumni Association and the Columbia Track Club have co-sponsored this fund raising event benefiting Big Brothers Big Sisters (BB/BS) of Boone County.

Thirteen pre-teen youngsters competed in the one-mile fun run prior to the 5K Run/Walk. All received a pair of "tiny tiger" ears, and the top boy and girl were also awarded gift certificates from Toys "R" Us. The staggered start race began at 9:15 with perennial runner Joe Forsee of Ashland "leading out" 9 minutes ahead of the zero-time runners. Everyone was off the course by 10:30 AM. The first 30 runners were awarded a BB/BS coffee mug at the finish line. After the race Big Brothers Big Sisters board president, Chris Bouchard, presented Tryathletics gift certificates for running shoes to the top male and female finishers, Gary Lyle and Ashley Franscell. He thanked the organizing sponsors and all those who participated or volunteered in the Run/Walk for their support of our local BB/BS organization.

By most measures the 5K Run/Walk was very successful, and we anticipate reaching this year's goal to raise \$8,000. Big Brothers Big Sisters of Boone County would like to acknowledge and thank our major individual and corporate sponsors for their support of the 2002 Homecoming 5K Run/Walk: Missouri University Alumni Association, Homecoming Steering Committee, Mizzou Rec, Columbia Track Club, Sport Clips, Centurytel, Nan & Steve Povinelli, Mid-City Lumber, Little Dixie Construction, University Chrysler, The Insurance Group, Missouri Health, Columbia Foods, Dr. Thomas Highland, Tryathletics, Boone County National Bank, Zimmer Radio Group, Columbia Missourian, Pizza Hut, KMIZ & Fox11, Kaplan Testing, Blockbuster Video, Panera Bread Company, Proctor and Gamble and U S Cellular.

Scott Dressel – Race Director  
Big Brothers Big Sisters Board



CTC members Joe Duncan (right) and Don Waltman (in hat) start off with some other youngsters.



Joe Forsee, age 77  
As the oldest runner, Joe begins first in this staggered-start handicap race.

### Upcoming Events

- **Annual CTC meeting**  
Nov. 20, 7:00 p.m. at the Govt. Center County Chamber room. Enjoy great fellowship and **COOKIES!** Come with your questions, comments, and ideas.
- **Cross Country Series:**  
Nov. 3 and Nov. 10
- **Jingle Bell Run for Arthritis 5k**  
Nov. 23, 2002  
Entry form enclosed
- **Cheese and Sauerkraut 10 miles**  
Dec. 7, 2002  
"A great course with no hills!"

### Quote of the Month

*"Hydrate, Hydrate, Hydrate! In cold weather and warm. We use water to sweat, lubricate joints, tendons, and ligaments, and to carry blood efficiently to major organs. I work all day at hydrating."*

*—Dr. Alex Ratelle, former masters running*

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

**October 1 & 2, 1977** 100 Mile Walk: 1. Paul Hendricks 19:45:17; 2. Leonard Busen 20:04:46; 3. Chuck Hunter 20:55:25; 4. Jack Blackburn 21:18:26; 5. Larry O'Neil, age 70, 21:55:23 (O'Neil wanted to complete a 100 at age 70, since no one else had ever done that in the US. He was near collapse over the last several miles, but his wife kept him going with her entreaties to finish this thing because she did not want him to go through it again. This was his farewell to the 100 mile walk); 6. Jerry Brown 21:59:34; 7. Rich Myers 22:57:36; 8. Bob Gragg 23:07:52. Bob Chapin had 90 miles in his 9th try—in '78 he finally made it.

**October 1, 1977** Two Mile Cross Country Run: 1. Charlie Evans 10:18; 2. Denton Childs 10:36; 3. Ben Londeree 10:51. . .5. Don Lewis 11:08. . .9. Mike Chippendale 11:46. . .12. Joan Hirt 12:15; 13. Turk Storvick 12:18. . .19. Al Garverick 13:05. . .21. Joe Duncan 13:33. . .23. Dennis Blossom 14:05. . .25,26,27: Jim, Matt, and Steve Gibson 14:58, 15:28, 15:31. Apparently 6-year-old Tim did not join his brothers in this event.

**October 15, 1977** Five Mile Cross Country Run: 1. Clark Hamilton 25:21; 2. Tom Logan 25:33; 3. Jerry Yunker 25:56; 4. Dennis Hinkamp 26:02; 5. Jon Herbert 26:27. . .7. Tim McMullen 26:51. . .13. Howard Guscar 28:04. . .15. Ben Londeree 28:57; 16. Don Lewis 29:05. . .27. Wesley Paul, 8, 32:24. . .32. Joe Duncan 33:56

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary -treasurer
Mark Wilson	Joe Duncan
Randy Gay	Mark Volek
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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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**From our president...****Preparing for the Marathon**

If you read the sum total of marathon training tips ever written, you wouldn't know up from down. I'm sorry to add to the confusion, but I have a column to write and one mess is as good as another, I suppose. In any case, here are some personal tips that are based on years of preparing for and racing in roughly 60 marathons. I hope it helps you prepare for what has to be the greatest physical and mental challenge in sport, namely the marathon.

The marathon, if run well, will exhaust all of your glycogen (ready energy) stores and some of your fat reserves, too. In short, it's an endurance race. Take two runners with equally fit cardiovascular systems. One runs 50 miles a week and does 6X800 speed workouts twice a week while the other runs 80 miles a week with a 15 and 18 miler in place of the track work. The 80 mile/week person should beat the speed ace 9 out of ten marathons. Endurance wins almost every time.

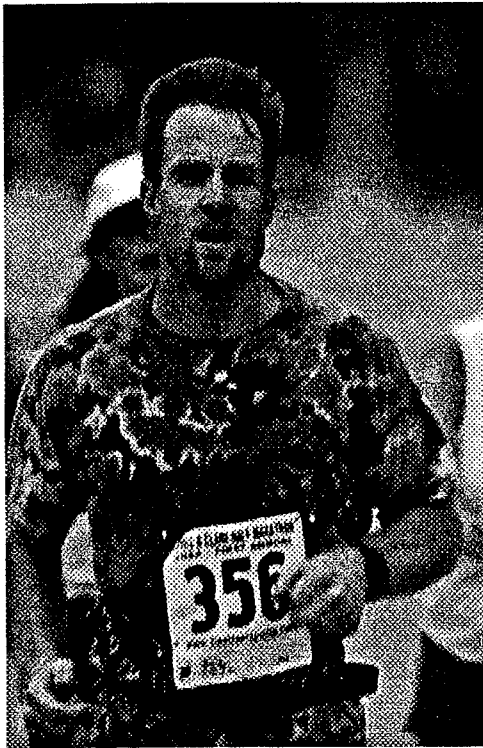
Endurance training is like a three-legged stool. One leg is nutrition, sleep, weight work; the second is the long run; the last is high total weekly mileage. If you want to maximize your ability, you need all three. If you have to slack off on one, it would be weekly mileage. The long run and nutrition are indispensable for an all out marathon effort.

Don Granberg, my first and only marathon coach, felt that 50 miles and a long run a week was the bare minimum for finishing a marathon without walking. Also, he liked to focus his marathon training over a 3 month period. I agree with him. I maintain 70 miles a week most of the year and can run a decent marathon at that as long as I get one 18 to 20 mile run in a week. The long run a week is tough, especially at first, even when you are doing 70 miles a week. This should tell you something about the importance of the long run for running a good marathon. With four months sitting in front of the marathon date, try and get your weekly mileage up by 10% a week until you hit 50 (if you just want to run a solid marathon) or 70+ (if you are aiming higher than solid). It's important to get the mileage up gradually to prevent injury. Increase the mileage by adding a few miles a day and by making one day a longer run day. If you are doing 10 miles a day, make one day a week 12, then 14 the next. Hold it at 14 or 15 for four weeks. This will help your body adjust to the problem you are giving it with the long run, namely burning energy efficiently. After a month of this, it's time to go to 16 for two weeks, then

*(Continued on page 7)*

# CTC Runner Profile

## Chris Hayday



**Age:** 32

**PERSONAL RECORDS:**

5k 19:22  
10k 41:06  
Half-marathon 1:31:12  
Marathon 3:27:54

**WEEKLY MILEAGE:** 20's to 40's per week

**WHEN DID YOU START RUNNING?** I ran cross country and track in high school, but I did not begin to run seriously until 1998. I began running to get back into shape and the running bug bit, and bit me hard! I decided to run a marathon and registered for my second one before I completed that first one.

**WHO IS YOUR RUNNING ROLE MODEL? WHO HAS**

**INFLUENCED YOU MOST IN RUNNING?** Emil Zatopek, Katherine Switzer and Joan Benoit Samuelson. Zatopek had, by his own admission, little talent and he proves what can be accomplished with hard work, dedication and the good, old-fashioned gut-check. I respect Katherine Switzer for her fearlessness and refusal to accept what she knew to be untrue. Her entering the 1967 Boston marathon is on the order of Rosa Parks, and threw the door wide open for both women and men to realize that anyone can run if they are willing to put in the work. Joanie is just an incredible person and has been one of running's

greatest ambassadors- she's both open & friendly and as fierce a competitor as they come.

**WHAT IS YOUR FAVORITE WORKOUT?** tempo runs, eight miles or so. I really enjoy settling into that pace that is just on the edge of uncomfortable. I also love the 18 and 20 milers that just go perfectly; I don't get too many of those so I savor them. My favorite race would have to be the Dane County (WI.) dog jog, where race slogans have included "watch your step" and "2 miles. 12 fire hydrants". It's a fundraiser for the humane society and you run with your dog. At the start, all the runners go forward and all the dogs go every way but forward. It's a blast!

**FAVORITE TRAINING ROUTE:** eight to 12 miles on the mkt. I could run this every day and never get bored.

**PERSONAL INFO AND INTERESTS:** I challenged myself to do 51 by 51- complete 51 marathons (one in all 50 states and dc) by age 51. Chicago made number eight. When I'm not running, I enjoy playing with my wife & two kids and our two dogs, and I try to get in a good ski trip every year or so. I'm also a political junkie.

## Welcome New CTC Members

Michael and Nicholas Falco	Columbia
Allen Greenlief	Columbia
Abby Holman	Columbia
Ernesto Ruelas Inzuna	Columbia
David Kruse	Columbia
Andrew Mitrisin	Columbia
Lauren Nolke	Columbia
Shellie Spaedy	Columbia
Derek Shelton and family	Columbia

## Running Shorts. . .

- CTC President, **Dick Hessler**, placed second in the 60-64 year old age group at the Twin Cities Marathon September , 2002. The U.S. National Marathon Championship event drew approximately 9,000 participants. Dick placed 343 overall with a time of 3:11.57.
- From e-mail: "*Cheers to Angela Passanise and the great job she has done as a race director! After saving the Human Race and then putting together the inaugural Chevy's 5k, she convinced the State of Missouri and others to have a trail race at Rock Bridge State Park. Like all of her races the trail run was well done with a quality course, good management and fun for all. Thanks again, Stephen Bourgeois, race participant*" Many thanks, too, to **Dave Coogan**, Angela's faithful helper.

# One Hour Run Sept. 21, 2002

Clear, sunny skies greeted participants in the annual CTC One Hour Run held on Saturday, September 22, 2002, at the Hickman High School all-weather track. As usual, participants ran as many

laps as they could muster in one hour. Mark Wilson edged out Dan Koller, a 21 year old competitor from St. Louis, by a matter of seconds on the last lap to take first place, although each finished with the same number of laps.

Race results were as follows:

Men	Laps
1. Mark Wilson	36
2. Dan Koller	36
3. Scott Mantooth	34
4. Oscar Chavez	33
5. Mike Little	32
6. Joe Duncan	27

7. Rod Stevens	27
8. Josh Mantooth	11
(finished early)	
9. Dane Wilson	8
(finished early)	

Women	Laps
1. Brenda Mantooth	29
2. Paula Wilson	17

## Homecoming Stadium Run 5k

(Please add your staggered time to the elapsed time):

1	Gary	Lyle	M	44	16:56.7	41	Xxx	Unknown	M	21:08.3	85	Tim	Mulford	M	27	23:32.3
2	Jeff	Mittelhauser	M	46	17:29.8	42	Joe	Duncan	M	21:09.0	86	Norman	Cox	M	36	23:38.0
3	Bryan	Waite	M	19	17:52.5	43	Paul	Hamilos	M	21:11.3	87	James	Hulsholf	M	21	23:40.6
4	Eric	Stoecker	M	18	18:07.7	44	Natalie	Griffin	F	21:15.3	88	Holly	Neary	F	19	23:45.2
5	Ashley	Franscell	F	19	18:11.2	45	Julie	Snell	F	21:16.0	89	Corbin	Rockne	M	39	23:46.8
6	Kevin	Tyler	M	46	18:12.9	46	Patrick	Cooper	M	21:18.7	90	Andrew	Bingham	M	19	23:49.9
7	Betty	Bohon	F	51	18:41.7	47	Mike	Chrum	M	21:22.2	91	Richard	King, Jr.	M	50	23:51.6
8	Melanie	Murphy	F	19	18:54.5	48	Jay	Wood	M	21:24.7	92	Jessica	Guirdwain	F	19	23:56.8
9	Steven	Harp	M	21	18:56.6	49	Joseph	Eggen	M	21:25.7	93	Ian	Baldwin	M	18	24:06.7
10	John	Dickey	M	48	18:58.5	50	Adam	Brown	M	21:28.8	94	Wade	Gauldin	M	20	24:09.9
11	Tom	Davis	M	50	19:01.1	51	Megan	Stephens	F	21:29.7	95	Chris	Prendergast	M	20	24:13.2
12	Chad	Lamprecht	M	18	19:17.0	52	Joe	Lopez	M	21:36.5	96	Jared	Alexander	M	18	24:16.2
13	Tom	Ackonhous	M	21	19:24.2	53	Robin	Blount	F	21:44.3	97	Drew	Polan	M	19	24:17.0
14	Jon	Blankenship	M	19	19:27.4	54	Todd	Costagno	M	21:46.7	98	Clay	Corbin	M	34	24:17.7
15	Daniel	Lopez	M	14	19:28.6	55	Ross	Bjork	M	21:50.9	99	Heather	Kimmins	F	19	24:22.3
16	Terry	Hart	M	42	19:37.7	56	Lacey	Fecht	F	21:52.2	100	Joan	Arthur	F		24:22.9
17	Lisa	McDermott	F	20	19:47.6	57	Sara	Fransen	F	21:54.3	101	Jacob	Blount	M	12	24:23.5
18	Curt	Kemp	M	38	19:56.3	58	Brad	Pluhar	M	21:59.5	102	Andy	White	M	29	24:24.0
19	Brad	Beetsma	M	21	19:58.8	59	Amy	Gundy	F	22:00.4	103	Douglas	Kueker	M	22	24:24.6
20	Dustin	Hirner	M	21	20:05.5	60	Gary	Gundy	M	22:01.0	104	Adam	Dube	M	29	24:26.3
21	Adam	Rolf	M	20	20:07.5	61	Chad	Iselman	M	22:02.7	105	Jill	Kiley	F	32	24:28.9
22	David	Wilfong	M		20:11.7	62	Miki	Bohon	F	22:08.0	106	Tony	Hirner	M	26	24:29.5
23	Abbie	Turner	F	20	20:13.2	63	John	Wood	M	22:08.6	107	Jenny	Lamar	F	21	24:30.3
24	Brian	Campbell	M	20	20:18.0	64	Lynette	Reed	F	22:11.7	108	Terry	Nooner	M	26	24:38.8
25	Henry	Pfingrad	M	19	20:20.0	65	Meghan	Crismon	F	22:14.3	109	Beau	Reinberg	M	22	24:41.3
26	Chris	Hummel	M	20	20:24.7	66	Chris	Cottone	M	22:18.5	110	Natalie	Hunkins	F	19	24:49.3
27	Alex	Artigas	M	18	20:28.9	67	Darren	Kritzer	M	22:19.1	111	Bailey	Chalfont	M	11	24:50.4
28	Kyle	Fitzgerald	M	18	20:29.7	68	Tom	Sweeney	M	22:20.1	112	Ellen	Clark	F	21	24:58.2
29	Jennifer	Range	F	19	20:30.4	69	Deborah	Jerome	F	22:22.3	113	Kevin	Acton	M	38	24:59.1
30	Meg	Clark	F	19	20:31.9	70	Clayton	Henke	M	22:30.7	114	Josh	Humphreys	M	19	24:59.8
31	Cj	Thomas	M	19	20:36.7	71	Kurt	Kellermeyr	M	22:41.9	115	Kimberly	Davisson	F	20	25:00.7
32	Pat	Orzano	M	18	20:37.2	72	Ryan	Garwitz	M	22:47.3	116	Toye	Elle	F	21	25:08.6
33	Neville	Davis	M	51	20:46.8	73	Angie	Landers	F	22:51.8	117	Kevin	Harris	M	21	25:09.3
34	Oscar	Chavez	M	38	20:50.3	74	Liz	Noelker	F	22:52.4	118	Mark	Swanson	M	34	25:10.1
35	Michael	Kramer	M	47	20:55.5	75	Chip	Owens	M	22:53.2	119	Sarah	Zesch	F	21	25:12.2
36	John	Iseman	M	44	20:57.8	76	Chrissy	Nooner	F	22:53.9	120	Rachel	Peregoy	F	10	25:22.8
37	Wade	Reck	M	29	20:58.4	77	Jared	Barber	M	23:02.7	121	Mark	Blount	M	45	25:27.2
38	Sara	Becker	F	20	21:00.6	78	Scott	Dollard	M	23:03.5	122	Katie	Lowe	F	19	25:29.9
39	Sean	Wright	M	25	21:01.9	79	Michelle	Volmert	F	23:06.2	123	Todd	Fuller	M	34	25:32.0
40	Sam	Hans	M	20	21:06.4	80	Erica	Carlson	F	23:06.8	124	Alison	Robbins	F		25:32.9
						81	Ryan	Pigg	M	23:18.0	125	Tony	Vanderiet	M	32	25:37.3
						82	Joseph	Forsee	M	23:22.5	126	Dan	Hopkins	M	21	25:38.1
						83	Rebecca	Miller	F	23:27.7	127	Sara	Fisher	F	20	25:39.3
						84	Sabrina	Abramoui	F	23:29.5	128	Jim	Peregoy	M	37	25:43.4
								r			129	Todd	Norton	M	38	25:44.6

# Thank You!!!

## Missouri State Senior Games Participants

A sincere **thank you** to all the athletes who completed the questionnaire packet for my doctoral dissertation research entitled *The Motives Underlying Senior Athletes' Participation in Sports and Physical Activity*. The research was a tremendous success and I passed my doctoral dissertation defense "with distinction." I can't tell you enough how grateful I am for your time and effort. Your responses contributed to our knowledge and understanding of your personal experiences in sport and the reasons you continue to strive for excellence. Outlined below is a brief summary of the results of this study. If you'd like further information please feel free to contact me with your comments. Since this is only the beginning of our journey together, I look forward to continuing our efforts to better understand the 'senior athlete' in future research studies.

### *Summary of the Results*

- The purpose of this study was to examine the motives underlying senior athletes' participation in sports and physical activity. Four hundred and twelve senior athletes (45%), who participated in the 2001 Missouri State Senior Games, were asked to assess their most important reasons for participating in their primary sport/physical activity and to rate their level of competitiveness in that activity using several different motivation questionnaires.
- Results indicated that the five most important reasons senior athletes currently had for participating in their primary sport/physical activity (ranked in order of most important to least) were: enjoyment, fitness, competition, competence, and social. In addition, the top three reasons for both females and males were identical.
- Interestingly, extrinsic motives and appearance motives accounted for only a very small percentage (< 3% and < 2%, respectively) of the total responses to the open-ended questionnaire. Comparing these results to previous research on younger adult populations, it was suggested that perhaps over time adult athletes' primary motives for participation, particularly females, shift from focusing on appearance to focusing more on the enjoyment of the activity itself. In terms of competitiveness, results indicated that the motives of intrinsic motivation, fitness, competence, and enjoyment were more indicative of senior athletes who were "highly competitive" than those who were "not very competitive."

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Columbia, Missouri 65203  
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URXCREED@aol.com

## ORDER FORM

### 43 YEARS OF THE HEART OF AMERICA MARATHON

A 420 page book containing the performance of every person who has ever completed a Heart of America Marathon, giving the person's time, place, place in age group if 40+, date of birth, and hometown. The book gives complete results, each year, with narrative from the CTC Newsletter and local newspapers; first three finishers, each year, sub-3:00 performances in ranked order, sub-3:30 40+, sub-5:00 female, age records, top 20 half-way splits, first and second halves; top 10 half-way 40+ & female, three mile splits top six performances, number of finishers by age groups and time categories each year, multiple completions, states represented, the Schulte Award winners, complete weather statistics, each year. There is a Foreword by Bill Clark, the founder of HOA, an article by Hal Higdon, an interview with Joe Schroeder, the first winner, by Joe Marks, and an article by Eric Bengston a Swedish runner. The Appendix contains a course map, mile locations and logos from the thirteen previous years. The book can be had for \$20.00 plus \$5.00 if it has to be mailed. The book can be purchased from Tryathletics or ordered from Joe Duncan. A great Christmas gift idea!

Send check to Joe Duncan 2605 Chapel Wood Terrace Columbia, MO 65203.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
City




\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

Sponsored by: KOMU-  
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# Save The Date

5k Run  
1mile Holiday Walk  
1mile Kids Fun Run

Meow  Marberry  
Miller & Bales, CPA's   
The Health Connection  
 The Callaway Bank



Free T-shirt, Shoelaces, Jingle  
Bells guaranteed for pre-  
registered participants

Great route starting and ending  
on Chapel Hill Road

Run and Walk will begin at  
8:00 a.m.  
Kids Run begins at 8:30 a.m.

To benefit the Central Missouri Arthritis Foundation

**Saturday, November 23, 2002**

Call 573-256-1092 for more information or  
email [cbrady@arthritis.org](mailto:cbrady@arthritis.org)

## REGISTRATION FORM JINGLE BELL RUN/WALK FOR ARTHRITIS©

Complete form (please print)

Pre-Registration: \$17.00 (Pre-Registration by mail deadline is November 18, 2002)

Day of Registration: \$20.00

(Long-sleeve T-shirt, shoelaces and jingle bells will be given to all pre-registered participants.)

Packet Pick-up and Pre-Registration on Friday, November 22 from 3:00 p.m. to 6:00 p.m.  
at Tryathletics on Chapel Hill, Columbia, MO

 TO QUALIFY FOR 5K AWARDS – PARTICIPANTS MUST BE REGISTERED BY 

 FRIDAY, NOVEMBER 22, 2002 

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

Sex: ☐ Male ☐ Female Age on event day: \_\_\_\_\_ Birth date: \_\_\_\_\_

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

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

PHONE: Home \_\_\_\_\_ Work: \_\_\_\_\_

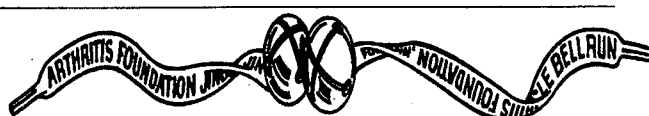
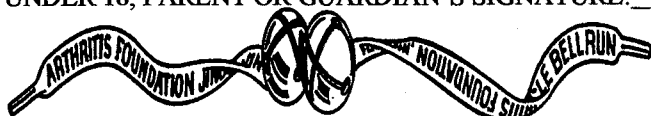
I will take part in the: ☐ 5K Run ☐ 1-Mile Holiday Walk ☐ 1-Kids Fun Run  
T-shirt Size: ☐ Youth Medium ☐ Youth Large ☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult X-Large  
☐ I am unable to participate, but please accept my donation of \$ \_\_\_\_\_

Please enclose check payable to the Arthritis Foundation,  
401 West Boulevard N., Ste. D, Columbia, MO 65203. Phone 573.256.1092

I hereby signify that I understand that the Arthritis Foundation, its local chapter, the JINGLE BELL RUN/WALK FOR ARTHRITIS© sponsors, and all other organizations and persons connected with this event are not responsible for any injuries which I may suffer while taking part in this event or as a result hereof. In this connection, I hereby waive any claim for damages to my person or property.

PARTICIPANT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

IF UNDER 18, PARENT OR GUARDIAN'S SIGNATURE: \_\_\_\_\_



130	Nancy	Kellermeye	F	38	25:46.8	170	Jessica	Williams	F	18	27:53.9	210	Erin	Bower	F	31	33:11.3
131	Thomas	Highland	M	54	25:47.6	171	Alison	Frymire	F	18	28:36.6	211	Jon	Kruse	M	35	33:29.8
132	Lisa	Barnes	F	22	25:48.3	172	Courtney	Wright	F	35	28:37.5	212	Cliff	Custin	M	74	33:38.6
133	Laren	Chalfont	F	13	25:49.0	173	Pam	Lanham	F	42	29:08.3	213	Stephanie	White	F	24	33:55.4
134	Rebecca	Highland	F	36	25:53.1	174	Chris	Creasy	F	39	29:13.1	214	Sarah	Moore	F	27	33:56.8
135	Kelcey	Evans	F	20	25:54.8	175	Marissa	Rosen	F	21	29:13.9	215	Brandon	Verhoff	M	20	33:57.7
136	Shann	Sievers	M	37	25:56.4	176	Scott	Clark	M	20	29:23.4	216	Schanina	Winfield	F	21	34:08.1
137	Christina	Aaker	F	35	25:59.0	177	Suzanne	Welch	F	21	29:24.1	217	Meg	Gray	F	40	34:09.1
138	Jean	Dudec	F	20	25:59.5	178	Claire	McKenney	F	21	29:24.7	218	Amy	Jira	F	21	34:15.1
139	Scott	Stuckey	M	25	26:00.3	179	Debbie	Koske	F	36	29:31.8	219	Jennifer	McNamee	F	21	34:20.3
140	Amanda	Carey	F	19	26:03.5	180	Courtney	Miget	F	20	29:36.0	220	Kerry	Cole	F	20	34:20.8
141	Andrea	Allen	F	56	26:07.4	181	Sarah	Snyder	F	19	29:41.2	221	Lauren	Biesinger	F		34:21.7
142	Andrew	Heder	M	19	26:09.5	182	Diana	Jerome	F	22	30:01.2	222	Megan	Kaderavac	F		34:56.1
143	Kanayo	Okafor	M	21	26:10.4	183	Arax	Corn	F	21	30:01.9	223	Andrea	Canagasab	F	21	34:59.6
144	Mike	Pulley	M	18	26:11.9	184	Jennifer	Jamis	F	21	30:02.6			y			
145	Johnny	Kidd	M	22	26:13.2	185	Nina	Weisenhor	F	21	30:08.0	224	Andrew	McCarthy	M	20	35:30.2
146	Susie	Adams	F	36	26:22.6	186	John	Randolph	M		30:10.1	225	Trent	Engbers	M	25	35:31.0
147	Don	Waltman	M	67	26:24.6	187	Amy	Hoffman	F	19	30:13.1	226	Nicole	Russell	F	24	35:38.8
148	Russ	Bradley	F	57	26:25.9	188	Crystal	Schaeffer	F	20	30:17.8	227	Mary	Dreyer	F	20	35:39.7
149	Kristin	Harris	F	14	26:28.7	189	Danna	Brady	F	18	30:42.2	228	Molly	Frost	F	20	35:55.1
150	Kelsey	Morris	M	19	26:29.7	190	Erin	Allen	F	18	30:44.6	229	Lori	Schoemehl	F	30	35:55.9
151	Rod	Stevens	M	36	26:33.0	191	Christine	White	F	30	30:45.2	230	Erin	Harrington	F	19	36:33.4
152	Joshua	Botdorf	M	23	26:33.7	192	Corey	Kramel	M	8	31:07.5	231	Debra	Custin	F	41	37:11.4
153	Lori	McHugh	F	29	26:36.1	193	Dan	Davis	M	46	31:08.3	232	Leslie	Chalfont	F	40	38:00.2
154	Ashley	Mahon	F	19	26:37.1	194	Elizabeth	Sibbing	F	19	31:15.9	233	Ann	Hosmer	F	54	39:59.6
155	Luann	Rockne	F	39	26:46.8	195	Amy	Gleghorn	F	18	31:22.9	234	Brianne	McCollum	F	19	44:19.7
156	Mindy	Gappa	F	25	27:03.8	196	Amy	Cross	F	19	31:23.9	235	Julie	McCollum	F	49	44:40.4
157	Ashley	Brock	F	22	27:04.9	197	Jessica	Loesch	F	16	31:24.6	236	Erin	Redenbaug	F	19	44:48.3
158	Megan	Odneal	F	21	27:07.3	198	Courtney	Weigand	F	19	31:46.0	237	Becky	Lyttle	F		45:40.6
159	Kristin	Peterson	F	22	27:08.1	199	Beth	Weigand	F	21	31:52.0	238	Barb	Allen	F		45:41.2
160	Jenna	Gorden	F	19	27:08.9	200	Beth	Taylor	F		31:52.5	239	Sarah	Dietz	F	30	47:22.4
161	Alicia	Holden	F	19	27:14.4	201	Jenn	Kent	F		31:53.0	240	Kerry	Geffen	F	32	47:23.4
162	XXX	Unknown #	M		27:15.4	202	Andy	Veham	M	33	31:53.5	241	Tammy	Korte	F		48:44.0
163	Amanda	Hofmann	F	23	27:38.6	203	Amber	Owens	F	20	31:57.8	242	Heather	Taft	F	26	48:44.9
164	Lauren	Fruits	F		27:39.2	204	Sara	Dietrich	F	19	32:07.4	243	Amanda	Pence	F	20	58:24.6
165	Mark	Flanegin	M	48	27:41.1	205	Wunvimul	Benjakul	F	40	32:08.0	244	Linda	Bensen	F	39	58:25.8
166	Laura	Weldon	F	18	27:42.7	206	Brandy	Blank	F	22	32:31.4	245	Kishia	Jackson	F	17	58:45.9
167	Lindsey	Murray	F		27:45.5	207	Dave	Shipman	M	53	32:37.5	246	Denise	Wiseman	F	18	59:40.3
168	Staci	Wellen	F	21	27:51.8	208	Gerry	Routh	F	54	32:45.5	247	Linda	Adams	F	53	59:41.3
169	Judy	Puyer	F	46	27:52.9	209	Victoria	Blaho	F	23	32:56.0	248	Melvin	Adams	M	50	59:44.1

## 10k

## Name

## Sex

## Age

## Overall Time

## Place

Emily	Mokelke	F	29	8	47:59
Gail	Tolbert	F	45	11	52:39
Elle	Toye	F	21	17	56:36
Brenda	Leuenberger	F	39	21	58:13
Joni	Bereswill	F	36	23	58:29
Kathleen	Purduski	F	47	26	1:01:01
Tammy	Bush	F	41	27	1:01:52
Kala	Jennings	F	16	28	1:02:11
Kathleen	Frese	F	34	29	1:04:07
Joyce	Huhn	F	42	31	1:05:43
Laurie	Harris	F	40	33	1:07:14
Deb	Harrington	F	45	34	1:07:24

## Rock Bridge Revenge 10k/20k

Erica	Lawson	F	17	35	1:07:40
Karen	Schneller	F	47	36	1:08:12
Kimberly	Girse	F	25	37	1:12:41
Caroline	Cue	F	36	38	1:14:29
Beth	Wilson	F	36	39	1:15:25
Nikki	Williamson	F	21	40	1:18:23
Betty	Carter	F	45	41	1:18:32
Mary	Vander Pluym	F	54	42	1:21:12
Carol	Wojta	F	54	43	1:21:13
Elaine	Bender	F	53	45	1:27:29
Rochelle	Sherman	F	50	47	1:39:39
Andrea	Lawson	F	20	48	1:44:11
John	Gorman	M	23	1	42:08



Keith	Lyston	M	37	2	44:04	Jer	Nixon	M	14	16	56:34
Aaron	Aaker	M	31	3	44:37	Dana	Frese	M	40	18	56:39
Zach	Tebb	M	22	4	45:17	Steve	Harrington	M	44	19	56:46
Jason	Paulsmeyer	M	25	5	45:23	Jeff	Wells	M	44	20	58:05
Kevin	Tyler	M	46	6	46:45	Simon	Rose	M	37	22	58:23
Ryan	Jester	M	25	7	47:55	Norman	Cox	M	36	24	59:02
David	Wilfong	M	39	9	48:41	Chris	Becker	M	43	25	1:00:37
Clayton	Henke	M	25	10	50:41	Bob	Wojta	M	56	30	1:05:07
Will	Spencer	M	14	12	52:59	John	Vander Pluym	M	55	32	1:06:24
Dean	Stover	M	42	13	53:44	Michael	Henry	M	55	44	1:22:09
Tom	Lafontaine	M	55	14	55:17	Rick	Bender	M	54	46	1:27:30
David	Vandyke	M	31	15	55:56	Robert	Lawson	M	55	49	1:44:13

**20k:**

Beth	Luebbering	F	23	10	1:40:30	Paul	Hoffman	M	47	17	1:45:13
Susan	Schapira	F	37	14	1:43:31	Daniel	Riegel	M	19	18	1:49:23
Christina	Lindner	F	25	25	1:56:10	John	Moore	M	42	19	1:50:13
Deborah	Wallace	F	43	26	1:56:11	Brian	Sickle	M	39	20	1:51:06
Julie	Dougherty	F	36	39	2:41:36	Alexander	Kovalev	M	31	21	1:51:09
Carol	Wright	F	43	41	2:58:04	Mike	Leake	M	42	22	1:52:40
Maryanne	Gray	F	37	44	3:00:46	Ben	Holmes	M	45	23	1:53:54
Caleb	Goldkamp	M	23	1	1:24:16	Jim	Wright	M	59	24	1:54:54
Bob	Cott	M	44	2	1:27:25	Howard	Ward	M	46	27	1:59:34
Stephen	Bourgeois	M	39	3	1:30:29	Trent	Engbers	M	25	28	2:02:48
Patrick	Sweeney	M	23	4	1:32:22	Brent	Barnett	M	42	29	2:03:15
Christopher	Kuehne	M	30	5	1:35:09	John	Meilink	M	19	30	2:03:38
John	Marti	M	31	6	1:36:55	James	Harwell	M	41	31	2:03:54
Charles	Bauer	M	29	7	1:37:23	Scott	Holdridge	M	27	32	2:04:41
Bill	Schwagerman	M	43	8	1:37:51	Rodney	Pennington	M	48	33	2:05:20
Marc	Morrell	M	36	9	1:38:56	Carl	Vansant	M	64	34	2:06:04
Tom	Davis	M	50	11	1:40:45	Paul	Stanuch	M	34	35	2:07:32
Seth	Goldkamp	M	26	12	1:41:22	Greg	Kuhl	M	48	36	2:25:59
Allan	Benjamin	M	46	13	1:41:28	Marc	Lammy	M	47	37	2:30:46
Gordon	Larsen	M	51	15	1:43:57	Curtis	Hyde	M	45	38	2:40:28
Todd	Schapira	M	35	16	1:44:32	Tobiah	Cozadd	M	20	40	2:51:43
						James	Shull	M	60	42	2:59:20
						Steve	Gray	M	40	43	3:00:43
						Timothy	Barnes	M	31	45	3:01:53
						Doyle	Cozadd	M	48	46	3:26:11

**Thank you...**

The Heart of America Marathon held Sept 2, 2002 in Columbia had a large contingent of helpers for the aid stations. The majority of our helpers were Hickman High Cross Country students but we also had parents, coaches, Hickman Cross Country alumnae and one faithful Rockbridge Cross Country family. These helpers for 2002 were: Ellen Pagan, Jessica Stobie, Dawn McGavock, Megan Billings, Jared Hitzhsen, Diana Meyer, Mandy Jorgenson, Nate Smith, Kurt Schauwecker, Tim Cornell, Jamie McKinney, Grace Uptergrove, Amber Pittman, Josh Johnson, Jeff Haddock, Alex Sable Smith, Curtis Sydnor, Katie Huang, Phillip Vance, Christine Vance, Blake Arney, Gab Johnson, Amy Foster, Janet Meyer, Audrey Wikoff, Noel Gilzow, Aileen Gallagher, Brianne Gallagher, Carrie Hargrove, Ian McLeod, Stephanie Irwin, Shallen Garrett, Elise Peterson, Sarah Kopp, Heather Reynolds, Pete Doll, and Angie Stobie.

A special thank you to Kathy Stobie, who for the last several years has gotten up in the predawn hours to help me set up the aid stations. I appreciate her help and friendship through the years. This year the students were so pleasant to the runners and to each other. Grace made my heart smile when she said "Thanks for allowing me to help".

I would also like to thank the Pepsi distributor for the cups they provided. Culligan Water of Columbia again supplied the water for the marathon. We appreciate their support through the years.

Just an FYI... This is the last year that Kathy and I will coordinate the aid stations for the marathon. The water and Gatorade is getting too heavy for us to move around. This is a plea for a younger and more able bodied volunteer to come forward and take on this opportunity. If you want some information on this volunteer job, call me and I will try to answer your questions. If you would like to take this job over, then call Joe Duncan.

**We appreciate you, Jeanine Pagan!! Thanks for your time, energy, and dedication!**

## 2002 Columbia Track Club Schedule

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

11/3	1:30 pm	Cross Country 5k	**	Christian Reed, 442-8838 Stephen Bourgeois, 875-3001	Stephens Lake
11/10	1:30 pm	Cross Country 5k	**	Marc Keys, 256-2635	Bethel Park
11/23	8:00 am	Jingle Bell Run for Arthritis 5k	\$17	Randy Gay, 814-2627 or 815-3706	Chapel Hill Road
12/7	8:30 am	Cheese and Sauerkraut 10-M "A great race with no hills!"	**	Jay Hasheider, 449-8045	McBaine (end of Rt.K)
12/31	4 pm	First Night 5k	\$13	Tom LaFontaine, 442-2581	Flat Branch Park

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



### Out-of-Town Events



- |                 |    |   |
|-----------------|----|---|
| <b>November</b> | 2  | Mike Duffy's Run for Kids 5k, Kirkwood, MO, 8 am, (314) 821-4042                    |
|                 | 3  | Blue Springs 50/50 (50 mile relay and solo), Independence, MO, 6 am, (816) 228-3842 |
|                 | 9  | Quivering Quads Trail Runs, Troy, MO, dawn, (636) 939-0161                          |
|                 |    | Maynard Cohick Half-Marathon/5k, Springfield, MO, 8 am, (417) 883-4159              |
|                 |    | Jingle Bell 5k, Cape Girardeau, 8 am, (573) 744-4993                                |
|                 | 17 | Turkey Trot, Cape Girardeau, 1 pm, (573) 243-5626                                   |
|                 | 24 | Jingle Bell Run for Arthritis 5k, Earth City, MO, 8 am, (636) 939-0161              |
|                 | 28 | Parkville Turkey Trot 5k, Parkville, MO 9 am, (816) 584-8580                        |
|                 |    | Chesterfield Turkey Trot 5k, Central City Park, 8:30 am, (636) 537-4777             |
| <b>December</b> | 7  | Jingle Bell 5k, Fulton, 8:30 am, (573) 642-1065                                     |
|                 | 8  | Snowflake Race Walk 5k/10k, Pattonville High School, 2 pm, (314) 576-4137           |
|                 | 28 | Cure for the Holidays Run, Farmington, 9 am, (573) 339-7235                         |

settle in at 18 or 20. I do better at 18, but it really depends on how you feel. I never run more than 20 miles because it is just too tough on the legs, and it tends to hurt training rather than enhance it. I'll throw in another 14 miler a week and get the total mileage up to 80 or so. I stay clear of speed work, even tempo runs, except for the occasional race if I can squeeze it in around training. The goal is to get the mileage in and the long run. That's difficult enough without the added stress of speed work. Remember, it's

an endurance race, not a 10 miler.

Lifting with your legs is good, too. I do steep hill repeats (slow pace) once a week that builds power, too. Generally, train on courses with some hills. If you can, ride your bike to work as that helps, too. Finally, watch your nutritional status. Drink enough water and remember to push carbohydrates. Be sure to eat protein, too. I supplement the normal protein intake with soy protein powder from Nutrisoy and blend it into a smoothie with a dash of my favorite sport drink, Gookinade.

This is good after a long run. Always eat soon after a long run as you will recover a lot faster that way. Try and get plenty of sleep during the training period. It helps recovery and keeps your immune system on its toes.

*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 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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