COLUMBIA TRACK CLUB NEWS

Volume XXXV No. 5 September 2002

Heart of America Marathon Sept. 2, 2002

GERALD HOLTMEYER in winning the 43rd Annual Heart of America Marathon, at age 43, became the first 40+ ever to win HOA. Holtmeyer, from Fulton, ran in 2000 and 2001and he has improved each year--getting better and better with age. He had 3:13:07 in '00 and 2:53:44 in '01.Dave Dobkowski has been the perennial favorite to be the first 40+ to win HOA and he has come close several times, even though, traditionally, he has run the Tupelo Marathon the day before he runs HOA. He did run Tupelo this year but was not up to a sub-3:00 as he had done twice previously as a 40+. Dob, by the way, ran his 17th HOA.

Holtmeyer had the lead from the start and steadily increased it throughout over Tom Whalen, who was second all the way.

Matt Lucas from Moberly ranged along around 10th place or so, but his negative splits (1:30:15, 1:1:24:23) brought him a third place finish. First Columbian was Pat Steward who also had negative splits (1:30:00, 1:26:18). Steward was in his third HOA, also improving each year

KRISTA WHITE, a part-time teacher at Columbia Independent School, got the first-place plaque for first female in her first marathon. An unregistered female runner crossed the finish line ahead of Krista and was mistakenly awarded first place because the Race Director was not thinking clearly in the heat of the moment, on the spot. However, this mistake was rectified and White got her due award.

This incident provides two lessons in runner's etiquette: 1.Non-registered runners should NEVER cross the finish line. 2.Non-registered runners should never partake of aid from the aid stations. Aid stations are for registered runners only. The reasons for these two rules of runner's etiquette are obvious and are to be observed not only for HOA, but for all races.

MELISSA DAVIS not only got the second place plaque for females, she also won the Dave Schulte Award for Improved Performance. She was some 47 minutes (16.9%) faster than her time of a year ago.

The weather: Temperature was 69, humidity 90% for the first hour, then it gradually got up to 84 at the five-hour point and down to 65% humidity. The skies were cloudless, therefore, the hot sun was a factor after 7:00am., however, there was a nice breeze from the south.

As usual HOA was a success only because of the fine work of all our volunteers. We are certain these people never get the recognition they deserve, but we will tell you who they were in 2002: First, Jeanine Pagan, ably supported by husband Steve and daughter Ellen, and some 30 high school cross country kids took care of the Aid Stations, Anne Hessler was responsible for the Finish Line Aid Station, buying all the fruit and being there for the duration. Craig Israelsen and Newell Kitchen had two large water tubs with water and ice at the finish. The Columbia Fire Dept. was kind enough to fill these tubs with water.

The timers: Jeff & Lisa Wells, David Lang, Diane Priest, Richard Harris, Ken Toler, Tom Collier, George and Marcia Smith, Will and Jerrilee Robinson, David Webber, Whitney Hicks. The Finish Line: Tom Allen, Ben Londeree, Dick Hessler, Joyce Schulte (who has missed HOA only once or twice since 1969), Karen and Chelsea Gordon, Pat Fowler, Marie Kerl, Leslie Schneider, Jim Crosby. Course Monitors: Bob Humphreys, Dick Hessler, Don Waltman, Bonnard Moseley, Debbie Karwoski, David Coogan, Angela Passanise, Richard Boggs. Marion Harlan drove the truck provided by Joe Machens Ford (Charles Brown), Jeff Bridges, physical therapist rode with him and stayed us until 1:00PM, The Boone Co. Fire Protection District was touring the course, (thanks to Jeff Scott), Pepsi furnished 4500 cups (Charles Lynch) and there may have been other commercial donations, Tiger Ice, perhaps. Mike Bryant who was indispensable as a paramedic and responsible for having the Boone Hospital Center on site and Kurt Kennett who got the results on to the website. Anyway, a hearty "THANK YOU" to all of you and to those of you I may have, unwittingly, overlooked.

—Race Director Joe Duncan

Heart of America Results, pages 7 and 8

Quote of the Month

"Like cross training, 'cross-eating' adds needed variety to your diet—and life. Expand your nutritional repertoire by trying one new food each week."

—Liz Applegate, Ph.D.

25 years ago

Looking Back

By Joe Duncan

August 6, 1977 30 kilo run: 1. Dennis Hinkamp 1:48:26 2. Denton Childs 1:51:12 3. Jon Herbert 1:55:00. . .5. Walt Renaud 1:57;15. . .10. Ben Londeree 2:06:05. . .12.Olen Brown 2:09:03 13. Wesley Paul, 8, 2:10:09. . .16. Joan Hirt 2:12:00 and 13 others.

August 14, 1977 Senior National AAU 50 kilo walk:
1. Larry Young 4:19:58 2. Dan O'Connor 4:24:06 3. Augie Hirt 4:25:50 4. Tom Dooley 4:26:26. . .6. Randy Mimm 4:32:01. . .18. Leonard Busen 6:09:00. The top 4 qualified for the Lugano Cup World Championships. This event was probably the high water mark of race-walking in Columbia. It was the last of several National Championships won by CTC walkers.

August 20, 1977 Great Sandbagger 10,000 meter run:
Leonard Busen was first across the finish line, therefore winning the Monster Great Sandbagger Award. Leonard probably gave the Monster the most tender, loving care of anyone who had him.. Fast time of the day went to Tom Hoft with 34:57. Joan Hirt was the fastest female at 39:52. Ben Londeree paced the older set with 36:21.

September 5, 1977 Heart of America Marathon 1. Dennis Hinkamp 2:29:15, the course record, which still stands; 2. Denton Childs 2:37:18. . .7. Lou Fritz 2:43:25 8. Jon Herbert 2:45:36. . .14. Mark Landrum 2:52:03. . .25. Howard Guscar 3:02:44. . .29. Olen Brown 3:07:30. . .31. Arne Richards 3:08:38 32. Joan Hirt 3:09:21 and 98 others.

September 17, 1977 5,000 meter run: 1. Charlie Evans 16:14 2. Childs 16:18 3. Londeree 17:00. . .5. Don Lewis 17:45 6. Mike Chippendale 18:00 . . .10. Turk Storvick 19:03. . .16. Don Johnson 19:51 17. Joe Duncan 20:30
The Walk: 1. Hirt 50:47. . .4. Rob Spier 1:14:20 5. William Taft 1:16:32 6. Henry Bent 75, 1:20:00

September 25, 1977: Lugano Cup, London, England: 13. Larry Young 4:19:56, 14. Augie Hirt 4:20:06
Mayor Daley Marathon, Chicago: Mark Landrum 2:42:20, Wesley Paul 3:15:30, age 8 national record

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The Columbia Track Club Newsletter is published as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

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From our president...

Cold Weather Running

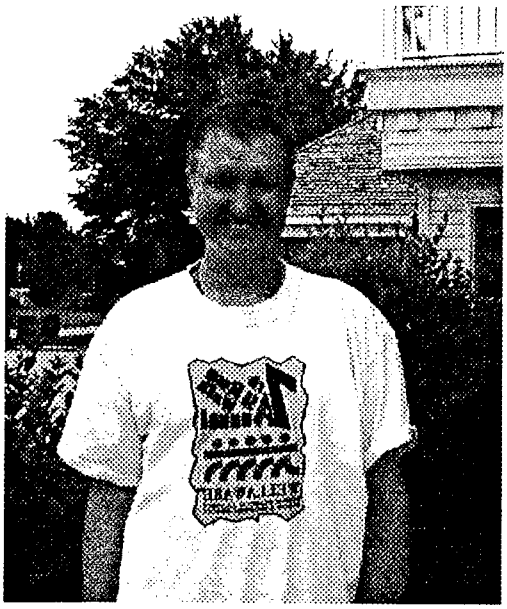
Many have toughed out the hot summer weather and now we are looking at shorter days and lowering temperatures. Mid-Missouri is blessed with great training and racing weather from late Sept. through early Dec. Then comes the really cold stuff. A little planning along with the right gear will maximize your enjoyment of winter and should carry you through the colder months in great shape.

I recall a comment made by a member of a running club I trained with in Sweden. We were on a long run along the shore of the North Sea. It was early afternoon in late November so that meant it was getting dark. We were caught in a gale with the temperature hovering around freezing and one of the Swedes said, "There is no such thing as bad weather, just bad running gear." Sure thing, I thought, as the icy rain insinuated itself down my neck and into my eye sockets while simultaneously morphing my 10-ounce Brooks Cheetahs into two pound Wet Willy water slide mats. It could have been worse, I suppose, like getting caught in that stuff wearing a long-sleeve cotton T-shirt, shorts, cotton socks, shoes, and nothing else. I mean the man had a point, but he just took it too far. There is bad weather and cold driving rain tops my list. At the same time, there are bad items of clothing and even bad training strategies, too. I want to offer some thoughts on the right gear and strategies for cold weather running so you can and enjoy the special thrills and challenges posed by running in the months that the Sioux called "Tree popping moon."

In normal everyday cold weather life, we put on enough clothes so we feel warm in the first minutes upon leaving the warmth of a shelter. This is not a good idea for running. If you leave a warm building, stand a few minutes outside, and still feel pretty warm, you are overdressed for running. In cold weather, you should feel cold for the first 10 or 15 minutes of your run. Running generates a tremendous amount of heat, so you should get warm quickly. There is no size that fits all, so you will have to experiment a bit and figure out how many layers, etc. to wear for given conditions. But, no matter what, layering is best. I like a long sleeve polypro-type but not tights) poly-pro-type long pants, polypro-type mittens, and a polypro knit hat. If it's raining and 35 degrees or if the temp. Is below zero, I'll wear a Gore-Tex warm-up jacket. Otherwise, the Gore-Tex is just too warm. Sometimes I'll add a polypro-type T-shirt under the long sleeve turtleneck and windbreaker if the temp. is + single digits. The windbreaker is a key part of my gear. Make sure if has a good zipper that you can work up and down with mittens on and try and get one with a vent in the back. I use a nylon shell over my mittens and add a facemask when the temp is below 5 degrees F. My feet are never a problem with one pair of polypro-type socks. I never wear fleece no matter how light. Too hot. You don't want to sweat early on in the run because it is uncomfortable, reminds you of summer, and you will get cold in the later stages of the run, too.

(Continued on page 5)

CTC Runner Profile



Jon Kruse

Age: 34

PERSONAL RECORDS:
The only personal record I can remember is my time in the St. Joseph's Pony Express Half-Marathon, 1:59:32. I just like running for fun, meeting new people, and trying to improve my times. My goal is to run a marathon before I turn 40.

WEEKLY MILEAGE: I try to turn 30 miles a week. I don't have a car, so I ride my bike wherever I go which helps me keep in shape.
WHEN DID YOU START RUNNING? I started running in 1979 when I lived in New York.
WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING? The two people who got me started running are Dick Bartlett and Rob Levesque.
DID YOU RUN IN HIGH SCHOOL OR COLLEGE? LIST EVENTS, AWARDS, HONORS:
When my family moved to St. Joseph's, MO, I ran on the High School Cross Country and Track Team. I competed in the 800 meter, the mile, and the two-mile run.
WHAT IS YOUR FAVORITE WORKOUT? I like to run along the Katy Trail and around the Shepard Boulevard neighborhood where I live.
PERSONAL INFO AND INTERESTS: I like running in local races, competing in the Special Olympics, watching Mizzou sports, and being active in my church. I thank God for all the friends He has given me, the ability to run, and for my parents, Lowell and Leslie Kruse.

Welcome New CTC Members

Lynda Wright	Columbia
Mike Bryant	Columbia
Charles Bauer	Columbia
Megan Brennan	Columbia
James McInvale	Columbia
Zach Tebb	Columbia
Alejandro Sandoval	Columbia
Val Windsor	Hartsburg

Running Shorts. . .

- From **Dr. Christian Reed**: *"On July 11, 2002 I passed my doctoral dissertation defense (with distinction) and earned my Ph.D. in Health & Exercise Sciences at the University of Missouri-Columbia. Thanks to all of you for your encouragement over the years."* **Congrats, Christian!**
- CTC member Elda Kurzejeski sent a *Thank You* to the club for its assistance during the Boonslick Kiwanis Club race in May. She writes: *"Please extend our heartfelt thanks to Tom Allen and others for their generous contribution of time and special talents."* The race generated funds to support Columbia Head Start programs.
- The **2002 Summer Track Program** was another success with 286 kids ages 4-16 plus 20 3-year olds. A special thanks to our volunteers, without whom there would be no track program: Dick and Anne Hessler; The Pagan, Williams, Stobie, and McGavock families; Rick Baer, Margaret Shimkus, Steve Shimkus Jr. and Sr., Kevin Tyler, Tom and Andrea Allen, Tom and Linda LaFontaine, Michelle McFadden, Joe Duncan, Kurt Schauwecker, Jimmy Keown, Nathan Smith, Mark Volek, Randy Gay, the Gundy family for the picture sale and proceeds to the program, and Boone Hospital Center for their financial support.

Boonslick Kiwanis Jeff Shikles Memorial 8k Run/walk

May 19, 2002

1.	Stephen Bourgeois	M	28:01
2.	Gerald Holtmeyer	M	28:03
3.	Patrick Hanson	M	28:45
4.	Steve St-Fisher	M	29:15
5.	Sarah Lowrey	F	32:14
6.	Michael Murphy	M	32:40
7.	Sean Wright	M	32:45
8.	Burton Heller	M	32:55
9.	David Thompson	M	34:00
10.	John Miller	M	34:09
11.	Brett Boggs	M	34:21
12.	Ben Moore	M	34:29
13.	Tom LaFontaine	M	34:37
14.	Andrea Jones	F	36:52
15.	Tom Holland	M	37:06
16.	Melissa Everitt	F	37:10
17.	Jim VanHoose	M	38:03
18.	Joe Troxell	M	38:56
19.	Ernie Verslues	M	39:05
20.	Richard Nistendirk	M	39:07
21.	Jim O'Dell	M	39:58
22.	Bob Avalle	M	40:21
23.	Carrie Bonacorsi	F	40:24
24.	Mary Avalle	F	40:25
25.	Rebecca Miller	F	40:34
26.	Todd Fuller	M	40:43
27.	Rod Stevens	M	40:59
28.	Colin Nichols	M	41:06
29.	Kenneth Bartley	M	42:21
30.	Katherine Lee	F	43:08
31.	Annie Zapata	F	43:11
32.	Annie Smith	F	43:31
33.	Melanie Fisher	F	43:40
34.	Tammy Bush	F	43:42
35.	Katie Thompson	F	44:28
36.	Whitney Lane	F	44:35
37.	Stephanie Agan	F	44:44
38.	Dan Schoenleber	M	44:46
39.	Tammy Lee	F	44:48
40.	Karen White	F	45:09
41.	Jennifer Thompson	F	45:19
42.	Zachary Chapman	M	45:40
43.	Andi Heller	F	47:04
44.	Janet Brandt	F	47:29
45.	Jody Malan	F	48:40
46.	Carol Thompson	F	49:40
47.	Marcus Huels	M	50:03
48.	Terry Boldt	M	50:04
49.	Stan Huels	M	50:33
50.	Andrea Allen	F	50:49
51.	Jon Kruse	M	52:00
52.	Nick Fuchs	M	53:42
53.	Jon Shikles	M	53:43
54.	Nancy Shikles	F	55:10
55.	Katie Shikles	F	56:14
56.	Jamie Bero	F	1:06:44
57.	Anita Cox	F	1:08:10
58.	Jennifer Thurman	F	1:08:51
59.	Denise Belsheim	F	1:08:52
60.	Casey Dodam	F	1:09:19
61.	Jeff McHugh	M	1:11:24
62.	Mat Huels	M	1:12:22
63.	Nanci Huels	F	1:12:23
64.	Bryan McHugh	M	1:12:35
65.	Ginny Dodam	F	1:12:37
66.	Lindsey Carlisle	F	1:12:46
67.	Gretchen Carlisle	F	1:12:50
68.	Edith Stevens	F	1:12:51
69.	Kathy Whelan	F	1:17:17
70.	Kelly Fuchs	F	1:17:19
71.	Elizabeth Gerhardt	F	1:22:48
72.	Lisa Holm	F	1:30:22
73.	Kathy Freeman	F	1:30:23
74.	Christina Roberts	F	1:30:24
75.	Zinda Cody	F	1:30:25
76.	Tina Vangilder	F	1:32:11
77.	Sarah Chapman	F	1:32:12
78.	Judy Callahan	F	1:32:13

Show-Me State Senior Games 5k

June 22, 2002

A great battle here, with Roy coming here from Austin, TX to duel with the hometown favorite. Roy and Kelly ran the entire distance together with the Texan showing a better kick at the end.

Because of the construction the 5k course had to be changed. We left the Reactor course for an "around Bethel Park-RB-Gentry School" course. The runners and walkers were glad we moved—most of them prefer the new course so we will probably go to that course in the future.

1.	Gerald Roy		59	19:51
2.	Rudy Kelly		55	19:52
3.	Brad Wright		52	22:20
4.	Richard Wieman		52	22:40
5.	Ernie Hirschfeld		75	22:57
6.	Richard Nistendirk		62	23:14
7.	Randy Doty		50	23:55
8.	Elaine Foster	f	50	25:22
9.	Bob Osthreim		67	26:12
10.	Chris Frederick		50	26:21
11.	Carol Kuhlmann	f	58	27:01
12.	Bob Humphreys		75	27:04
13.	Jeff Moran		51	27:54
14.	Mike Lee		62	28:50
15.	Don Waltman		66	29:18
16.	Laura Wells	f	61	29:23
17.	Van Beasley	f	58	30:44
18.	Barney Sword		71	31:16
19.	Jack Hudson		57	31:32
20.	Aileen McComas	f	66	32:53
21.	Dottie Gray	f	77	33:01
22.	Nancy Keating	f	55	34:03
23.	Jeanelle Twillman	f	70	34:59
24.	Ilene Woods	f	60	36:01
25.	Ed Burnham		82	36:15
26.	Ralph Lia		82	42:55
27.	June Homan		63	46:04

5,000 Meter Walk:

1.	Maurine Lia	f	69	33:28
2.	Fred Adams		68	33:30
3.	David Gordon		60	33:37
4.	Eric Heges		56	34:08
5.	Kay Foley	f	50	34:30
6.	Dean Homan		51	35:20
7.	James Baker		64	37:11
8.	Carol Goslin	f	57	39:42
9.	Don Swegal		70	41:57
10.	Antoinette Osthreim	f	67	44:38
11.	Floyd Delon		72	45:26
12.	Joe Cragin		74	50:46
13.	George Ruh		59	53:41
14.	Harry Kublin		84	NT

10,000 Meter Run

1.	Gerald Roy			41:05
2.	Rudy Kelly			41:21
3.	Granville White		60	42:00
4.	Brad Wright			46:44
5.	Richard Nistendirk			50:04
6.	Ernie Hirschfeld			50:30
7.	Carol Kuhlman	f		55:12
8.	Gregory Lima		63	58:24
9.	Michael Lee		62	58:59
10.	Laura Wells	f		1:02:26
11.	Don Waltman			1:04:20
12.	Barney Sword			1:07:48
13.	Jack Hudson			1:16:42
14.	Ed Burnham			1:23:23

—Race Director Joe Duncan

Great Sandbagger 5 Mile Road Race
August 3, 2002 Mill Creek Course

Thirteen racers competed in hot and humid conditions for the title of "Great Sandbagger" and arguably the ugliest traveling trophy extant. This year the trophy was won by Richard Boggs. His path to perdition involved predicting the slowest of the 13 predicted times, starting first, and then holding off the other 12 runners to cross the finish line first. You see, the slowest predicted time starts first, then the next slowest, and so forth down to the fastest. Richard predicted that he would run the 5 miles in 67 minutes , the slowest time, so he started first. Debbie Karwoski predicted 60 minutes, the second slowest, so she started 7 minutes later. The fastest predicted time was , Ernesto Ruelas, was 32 minutes so he started last, fully 35 minutes behind Richard Boggs. So you see that this race rewards the worst negative estimate of performance in the sense of predicting slow and running fast. In painfully honest terms, the trophy is won by the biggest liar or sandbagger. Richard, a really fit and fast 74 year old, surely deserved the win. Poor Ernesto gave it his best shot, ran faster than everyone else, but came up short in 7th place.

A very special thanks to Anne Hessler and Pat Fowler for help with the race management.

—Race Director Richard Hessler

	Name	Sex	Age	Pred. Time	Actual Time
1.	Richard Boggs	M	74	67:00	51:58
2.	Debbie Karwoski	F	48	60:00	45:14
3.	Jim O'Dell	M	58	47:00	38:40
4.	Kenneth Bartley	M	46	47:30	41:05
5.	Joe Duncan	M	68	45:00	38:57
6.	Oscar Chavez	M	38	38:00	32:23
7.	Ernesto Ruelas	M	34	32:00	27:14
8.	Michelle McFadden	F	42	32:30	27:52
9.	Alison Hodgson	F	23	32:30	28:18
10.	Stephanie Irwin	F	16	50:00	44:18
11.	Kala Jennings	F	16	44:00	40:48
12.	Mike Kaylen	M	47	35:00	32:06
13.	Kurt Kennett	M	34	36:00	33:06

Show-Me Sate Games 5k
July 28, 2002

1. Craig Rhoads 19 16:40
2. Marc Keys 39 17:07
3. Gerald Holtmeyer 43 17:16
4. Stephen Bourgeois 39 17:31
5. Tim Cornell 16 17:54
6. Taylor Robertson 18 18:20
7. Greg Jackson 24 18:29
8. Josh Grotzinger 19 18:35
9. Joshua Bird 15 18:41
10. Jake Garner 16 18:49
11. Michele McFadden 42 **18:55**
12. John Stoecker 16 19:15
13. Joe Soucy 14 19:21
14. Chris Hayday 32 19:22
15. Helen Alex-Kratz 39 19:28
16. Jack Uhrig 48 19:31
17. James Bradshaw 17 19:34
18. Danny Bradshaw 17 19:43
19. Andy Shirkey 33 19: 50
20. Steve Terry 48 19: 54
21. Rudy Kelley 55 **19: 56**
22. Nancy Taube 42 19: 59
23. Brian Kratz 37 20:01
24. Nick Heberle 14 20:02
25. Joe Landrun 16 20:13
26. Andy Taylor 18 20:29
27. Thomas Higgins 15 20:34
28. John Dickey 48 20:36
29. Heather CruSmith 25 20:41
30. Jill Singleton 19 20:49
31. Stephen Smith 17 20:50
32. Brian Bradshaw 16 20:51
33. Oscar Chavez 38 20:57
34. John Timmerman 44 21:00
35. Ben Armistead 15 21:08
36. Gina Kennison 16 21:09
37. Eric Bassett 31 21:13
38. Tim Holland 34 21:21
39. Miriam Hill 37 21:28
40. Julie Toebben 18 21: 35
41. John Adams 41 21:40
42. Eric Jarman 34 21:50
43. Darren Kritzer 19 21:52
44. Tammy Beasley 28 21:57
45. Robert Simmons 60 22:14
46. Alison Traffanstedt 20 22:20
47. Jonathan Breshears 17 22:31
48. Jessica Buchanan f 17 22:32
49. Hugh Emerson 44 22:33
50. Bryson Jarman 12 22:34
51. Mike Baker 52 22:38
52. Susie Kennison 44 22:45
53. Dan Martin 47 23:01
54. Kevin Pace 39 23:17
55. Stephanie Hugger 17 23:21
56. Connie Wilkinson 37 23:26
57. Ernie Verslues 41 23:27
58. Ashley Bunch 14 23:54
59. Richard Nistendirk 62 24:00
60. Troy Heimer 14 24:04
61. Corey Murphy 16 24:18
62. Ken Bryant 54 24:18
63. John Schulz 44 24:22
64. Brian Anderson 15 24:24
65. James E. Smith 42 24:28
66. Tony Taube 43 24:33
67. Rebecca Miller 28 24:39
68. Suporn Wongvatunyu 42 24:44
69. Abby Krueger 14 24:48
70. Patrick Cornell 13 24:55
71. Christina Crawford 18 24:58
72. Chris Cornell 10 25:07
73. Bill Morgan 51 25:15
74. Kelly Knaeble 12 25:21
75. Rod Stevens. 36 25:35
76. Mlke Schlllng 58 25:40
77. Bob Osthreim 67 25:58
78. Ruth MacDonald 45 26:05
79. Dan Schoenleber 46 26:24
80. Don Ballenger 60 26:44
81. Daniel Mobley 14 26:45
82. Alan Taylor 14 26:45
83. Tashel Bordere 28 26:57
84. Lauri Tolle 29 26:58
85. Kenneth Bartley 46 27:10
86. Carol Kuhlmann 58 27:20
87. Bill Wright 61 27:40
88. Bob Humphreys 75 28:10
89. Lynda Wright 41 28:23
90. Patricia Burton 45 28:28
91. Jill Kiley 31 29:09
92. Ric Bush 50 29:14
93. Laura Wells 61 29:28
94. Van Beasley 58 30:29
95. Ken Hirlinger 51 30:48
96. Samuel Crawford 14 30:53
97. Chris Creasy 39 30:56
98. Ben Denbow 8 31:37
99. Adam Hill 7 31:39
100. Susie Adams 36 31:56
101. Pam Lanham 41 31:58
102. Barney Sword 71 32:39
103 .Andrea Allen 55 33:00
104. Kristin Daum 12 34:24
105. Amanda Schmidt 13 34:24
106. Jeanelle Twillman 70 35:17
107. Ed Burnham 82 37:57
108. Jonah Krueger 12 46:28

5,000 METER WALK

1. Gayle Johnson 53 **27:52**
2. Fred Adams 69 33:29
3. Eric Hedges 56 35:00
4. Craig Kolb 40 35:43
5. Carol Goslin 57 36:42
6. Sam Crawford 44 37:34
7. Ron Raymond 61 38:18
8. Rhoda Raymond 60 38:24
9. Lewis Mead 71 40:13
10. Lana Crawford 40 43:35
11. Antoinette Osthreim 67 45:19
12. Floyd Delon 72 46:18

Bold = new record

—Race Director Joe Duncan

(Continued from page 2)

Another great piece of equipment is the portable studded tread that you can slip on your running shoes. In the old days before these things were on the market, we used to drill tiny holes in the soles of our running shoes and glue/screw in tiny machine screws. Now, you can carry the treads in your windbreaker pocket and just slip them on if the conditions are icier than you thought. You are more likely to get injured if you are tight or tense because you are afraid of slipping. The treads eliminate the fear of falling because you feel like you are running on dry pavement with them on. I tested them on Stephens Lake a couple of winters ago when the lake was a solid sheet of ice. I could cut and even slam on the brakes without slipping.

Another thing to keep in mind is that you are likely to get colder the more fatigued you are. I always try to start out running into the wind with the hope of getting the wind at my back for the second half of the run. It hurts a bit at first, but the end justifies the means in my opinion. In any case, don't eat anything four hours before you run in cold weather. You need the blood in your legs and extremities, not in your gut digesting food.

I've noticed that right after a snowfall, the city gets the streets around school plowed first. I have a snow route that I can count on to be plowed and I make it a habit to run that route when it snows or ices. I try and stay off Stadium Blvd. and other really busy streets when the weather is bad, mainly because I don't like getting splashed.

Finally, be sure to push the replacement fluids. You might not feel like drinking when it's 25 and snowing, but you need fluids just like you do in summer.

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.

The C.T.C. Colts: Another Winning Year for a Very Young Team

On July 20th the Columbia Track Club sponsored youth track team, the C.T.C Colts, under the coaching of Dick Hessler and Margaret Shimkus continued their winning ways. The team this year was certainly strong in talent, but most importantly, a dedicated and very young team as compared to the past few years. Thirteen members were 8 years old or under. Thirty-six young athletes walked into the competition with hundreds of competitors under brutally hot conditions, and emerged with 37 medals in individual and team events, two more than the 2001 team. It must be noted that the results below may not be complete due to the fact that not all the official results nor any best records have been posted on the Show Me website at this time. Thus a complete listing of non-medal finishes would be incomplete at best.

MEMBERS of the **2002 CTC Colt Track & Field Team**: Kate Garnes, Bradford Zitsch, Melea Shimkus, Hannah Hassemer, Nathan Keown, Erin Gillispie, Ashtyn McDannold, Danica Shimkus, Adam Brooks, Dena Patci, Chris "Buddy" Harris, Tiffany Harris, Chris Boechmann, Phillip King, Tanner McDannold, Eliot Wycoff, Nicky Baird, Emily Baird, Brian King, Jackson Miller, Morgan Vogt, Rebecca Willis, Tommy Fieser, Jeffery King, Jennifer Willis, Matthew Baker, John Brooks, A. J. Miller, Neil Robinson, Dalton Reuter, Kaitlin Vogt, Whitley Zitsch, Michael Loesing, Connor Stangler, J. J. Baird, and John Williams.

Below are the medal results of the your Colt team

-THE RUNNERS OF THE FUTURE-

Each and every member of the Colts 2002 Summer Track Team is indebted and wishes to thank our parent organization – **The Columbia Track Club** -

Thank you for your support !!!

Erin Gillispie – BRONZE (400M) (female 9-10)
GOLD (4X400M Relay) (female 11-12)
Ashtyn McDannold –GOLD (4X400M Relay) (female 7-8)
BRONZE (200M) (female 7-8)
Danica Shimkus – GOLD (4X400M Relay) (female 7-8)
BRONZE (400M) (female 7-8)
Dena Patci – GOLD (4X400M Relay) (female 11-12)
Chris "Buddy" Harris - SILVER(4X400M Relay) (male 11-12)
Chris Boechmann – GOLD (3000M) (male 11-12)
SILVER (4X400M Relay)(male 11-12)
Phillip King - SILVER (1500M) (male 13-14)
BRONZE (4X400M Relay) (male 13-14)
Tanner McDannold – GOLD(100M Disabled) (male 13-14)
Nathan Keown – SILVER (4X100M Relay) (male 7-8)
GOLD (4X400M Relay) (male 7-8)
Eliot Wycoff - BRONZE (4X400M Relay) (male 13-14)
Nicky Baird – SILVER (4x100M Relay) (male six and under)
Adam Brooks —SILVER (4x100M Relay) (male six and under)
Brian King – SILVER (4x100M Relay) (male six and under)
Morgan Vogt – SILVER (4x100M Relay) (male six and under)
Emily Baird – GOLD (4x400M Relay) (female 7-8)
Rebecca Willis – GOLD (4x400M Relay) (female 7-8)
Tommy Fieser - SILVER (4X100M Relay) (male 7-8)
GOLD (4X400M Relay) (male 7-8)
Jeffrey King - SILVER (4X100M Relay) (male 7-8)
GOLD (4X400M Relay) (male 7-8)

Bradford Zitsch - SILVER (4X100M Relay) (male 7-8)
GOLD (4X400M Relay) (male 7-8)
Neil Robinson – SILVER (4X400M Relay)(male 11-12)
NOTE: Neil is 10yrs. Old
Melea Shimkus – SILVER (200M) (female 11-12)
BRONZE (Long Jump)
Kaitlin Vogt – GOLD (4X400M Relay) (female 11-12)
Whitley Zitsch – GOLD (4X400M Relay) (female 11-12)
A.J. Miller – SILVER (4X400M Relay) (male 11-12)
Michael Loesing – SILVER (4X400M Relay) (male 11-12)
Connor Stangler – SILVER (4X400M Relay) (male 11-12)
Hannah Hassemer – BRONZE (3000M) (female 13-14)
J.J. Baird – BRONZE (4X400M Relay) (male 13-14)
John Williams – BRONZE (4X400M Relay) (male 13-14)

WHEN:

Saturday, October 5th

8:00am

WHERE:

Starting at Twin Lakes Pavilion to Katy Trail

WHO:

Anyone that wants to have fun and raise money for Pascale's Pals

FEE:

There is no entry fee!We count on you to get lots of sponsors.

FOR MORE INFORMATION:

Call Lisa Banks

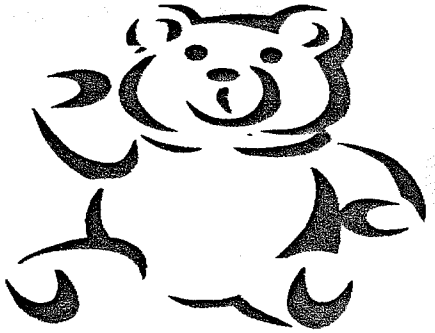
573-474-6646 or email

gljbanks@earthlink.net

1511 Chapel Hill
Columbia, MO
65203

Pascale's Pals
1511 Chapel Hill Rd.
Columbia, MO 65203

Pascale's Pals 5K Run/Walk



"Happiness and health go hand in hand"

BENEFIT

Plus! 1 mile Kids Fun Run

Sponsored By

my Culligan

Columbia Track Club

Carpentier & White Chiropractic

To register as a team or as an individual, please fill out the form and mail to Pascale's Pals. Everyone will receive a welcome packet and registration information.

All participants will receive a commemorative T-shirt. All participating children will also get to meet TJ, the tiger, and receive a goodie bag.

Prizes will be awarded to the fastest male and female, and also to the team or individual that raises the most donations.

All proceeds from this benefit go directly to Pascale's Pals which is then donated to the children and their families at the he University of Missouri Children's Hospital. All of your participation and help means a lot to these children.

Yes! I would like more information on how to participate.

Individual or Team Name _____

5K Run/Walk _____ or Kids Fun Run _____

Address _____

City/State/Zip _____

email address _____

For more information call: 572-474-6646 or email us at gljbanks@earthlink.net

UNIVERSITY OF MISSOURI

HOMECOMING 2002 5K RUN/WALK

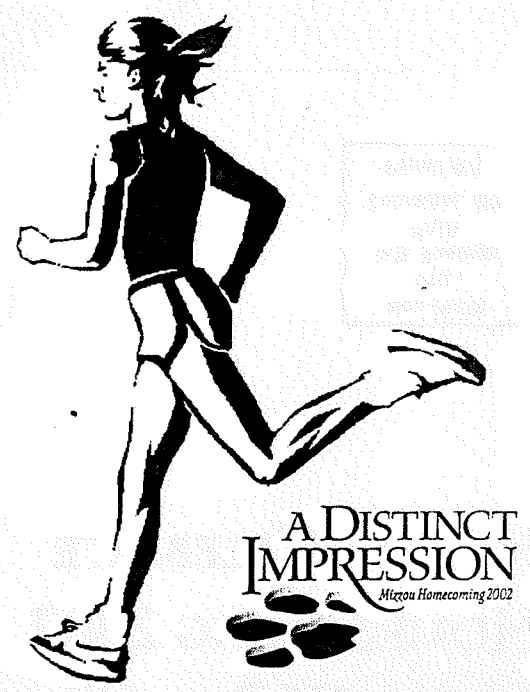
SATURDAY, OCTOBER 19, 2002

The MU Alumni Association, the MU Alumni Association Homecoming Steering Committee, the MU Rec Services and Facilities, and the Columbia Track Club are excited to sponsor this run to benefit the Big Brothers and Big Sisters of Boone County. The Homecoming 5/K Run will be held Saturday, October 19, 2002 at 9:00 a.m. Check in for the 5K Run/Walk will begin at 7:30 a.m. at Stankowski Field. The entry fee will be $12 for early registration and $15 for late registration. This fee includes a T-shirt (for early registrants).

This entry form must be returned to 123 Reynolds Alumni Center by October 11, 2002, 5:00 p.m. for early registration. All entries received after this date will be considered late. Early registrants can pick up their runner's packet on October 18, 2002 between 12:00 p.m. and 5:00 p.m. at the MU Student Rec Center. Packets will also be available the day of the race for those who registered late, or for those who did not have a chance to pick it up earlier.

The race will have staggered starting times based on the 1997 USATF 5K individual age/sex records. The handicaps are listed on the chart below.

NEW EVENT for "Tiny Tigers": A new Tiger Cub One-Mile Fun Run for youngsters will be held immediately prior to the race with a special prize for all participants.



(IN MINUTES) <<<< 5K ONLY >>>>

HANDICAP	16.5	16	15.5	15	14.5	13.5	13	12.5	12	11.5	11	10.5	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	.5	0
MEN (AGE)											78+				5 77		6 76		7 75	8 74	9 72, 73	10, 70, 71	11, 66-69	12, 63-65	13, 60-62	14, 58-59	15, 53-57	16, 49-52	17, 46-48	18, 42-45	19, 20, 37-41	21, 22, 34-36	24-35
WOMEN (AGE)	78+	77	76	75	74	73	72	71	5 70	69	68	67	65, 66	64	63	62	6 61	7 60	8 57-59	9 55, 56	10, 53, 54	11, 51, 52	12, 13, 48-50	14, 15, 45-47	16, 17, 40-44	18, 19, 38, 39	20-23, 36, 37	24-35					

For more information regarding Homecoming 2002, please call 1888-MUHC or visit our website at www.homecoming.mizzou.com!

HOMECOMING 2002 5K RUN/WALK

HOMECOMING 5K RUN/WALK
123 Reynolds Alumni Center
Columbia, MO 65211-2100

PHONE: 1-888-292-MUHC
FAX: (573) 882-5145

ENTRY FEES

Early Registration: $12 x ___ # of runners

Late Registration: $15 x ___ # of runners

Total amount enclosed/charged $_____ (please include one check per entry form)

Name(s): _____

Address: _____ City / State / Zip: _____

Telephone: ( ) - _____ - _____ Sex: _____ Age: _____

Shirt Size: M L XL

Please make checks payable to MUAA-Homecoming or Charge: VISA ☐ MC ☐ DISCOVER ☐

Card # _____ Exp. Date: _____

Signature (*required for credit card payment*) _____ Date: _____

WAIVER OF LIABILITY: In consideration of this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, my executors, and administrators, waive and release any and all claims for damages I may have against the MU Alumni Association, MU Alumni Association Homecoming Steering Committee, the MU Department of Recreational Services, the Columbia Track Club and other organizations sponsoring this race and their representatives, successors, and assigns for any and all injuries suffered by me in said event.

Signature (Parent or Guardian if under 18) _____ Date: _____

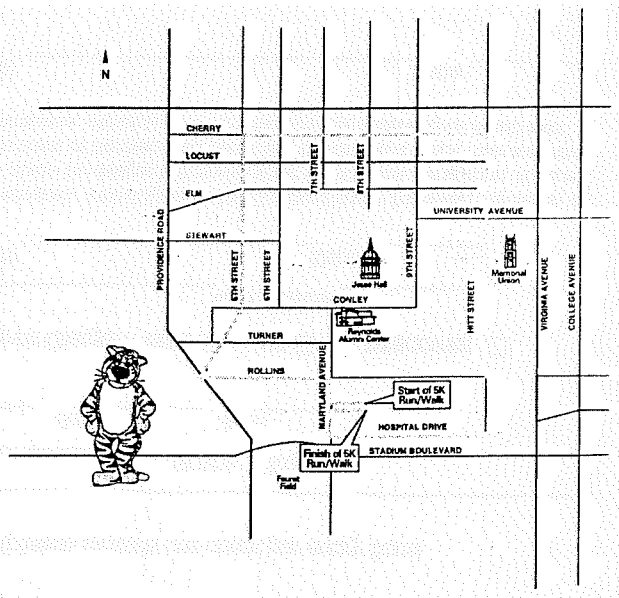
Please join us for the

5TH ANNUAL

UNIVERSITY OF MISSOURI

HOMECOMING 5K RUN/WALK

PRIZES AWARDED TO THE TOP 30 FINISHERS! FREE T-SHIRT INCLUDED INWITH FEE!



HELP US CELEBRATE

HOMECOMING 2002

AT THE 5K RUN/WALK!

A DISTINCT IMPRESSION

Mizzou Homecoming 2002

University of Missouri
Alumni Association
123 Reynolds Alumni Center
Columbia, Missouri 65211-2100

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Permit #31

ROCK BRIDGE REVENGE
10K & 20K
OCTOBER 27, 2002

ROCK BRIDGE REVENGE

OCTOBER 27, 2002

Presented by: The Columbia Track Club & The Show-Me State Games

20K - 9:00 a.m. & 10K - 9:20 a.m.

Start Times: 20K - 9:00 a.m. 10K - 9:20 a.m.

Participant Limits: In order to keep the trails in good shape and to offer a quality event for all participants, the 10K and 20K will be limited to the first 250 entrants.

Location: Rock Bridge Memorial State Park in Columbia, Missouri. From the intersection of I-70 and Highway 63, take Highway 63 South to Highway 163, turning right, go three miles, passing the Shooting Star and Karst trailheads to a four-way stop and turn right, staying on 163. Follow an additional two miles past the Devil's Ice Box and Natural Bridge entrance. The Main Entrance will be on the left. All runners will park at the Main Entrance.

Drive time from the intersection of I-70 and Highway 63 is approximately 25 minutes. It will be approximately 2.5 hours from the Greater Kansas City and St. Louis Areas to the start/finish at Rock Bridge.

Courses: The 10K and 20K course will begin near the Main Entrance Parking Area. The 20K course will consist of two loops while the 10K will be one loop. Please expect a variety of terrain and creek crossings.

Awards: All entrants will receive a long-sleeve commemorative t-shirt. There will be medals for the first three men/women finishers in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 & over.

Registration: Entry fee for each race is $20 if entry fee is received by mail or online by Saturday, October 20. All entries received after this date will pay an additional $10. Enter by mailing your entry to: Columbia Track Club, P.O. Box 1872, Columbia, MO 65205-1872 or online at http://ctc.coin.org. Entrant lists will be posted online. NO RACE DAY REGISTRATIONS WILL BE ACCEPTED.

Packet Pickup: No entry confirmations will be mailed. Packets and t-shirt may be picked up at Tryathletics in Columbia on Saturday before the race from 1-5 p.m. Packets will be available at the race site after 7:30 a.m.

Overnight Accommodations: If you plan on coming to Columbia the night before the race, please make reservations early as this is Homecoming Weekend at MU. Visit http://www.visitcolumbiamo.com/hotels.html for the local hotel listings.

(continued on back...)

Toilets: There are portable and plumbed toilets available at the site.

Aide Stations: There will be two aid stations available for the 10K race and four aid stations for the 20K race.

Race Results: Race results will be posted on the Columbia Track Club and Show-Me State Games websites: **http://ctc.coin.org** or **http://www.smsg.org**

Contact Information: For more information about the race, please contact Angela Passanise at: **angelapassanise@att.net** or call her at (573) 474-8373.

First Name _____ **Last Name** _____

Address _____

City _____ **State** _____ **Zip** _____ **Phone #** _____

E-mail Address _____

Race Entered: ☐ **10K** ☐ **20K** **T-shirt Size:** ☐ **Med** ☐ **Lrg** ☐ **XL** ☐ **XXL**

Sex: ☐ **Male** ☐ **Female** **Date of Birth:** _____ / _____ / _____

SHOW-ME STATE GAMES / COLUMBIA TRACK CLUB WAIVER

Before you compete, we need each participant to complete this form. Athletes under the age of 18 will need to have this form signed by their parent or guardian. Please sign this waiver on both lines. Both the Waiver of Liability and the Consent for Medical Treatment must be signed in order to be eligble to participate.

Name (please print): _____

WAIVER OF LIABILITY

In consideration of my entry into the competition known as the Show-Me State Games / Columbia Track Club Event, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of my performance or failure of performance, from the Columbia Track Club, Missouri Department of Natural Resources, City of Columbia, Missouri, the Curators of the University of Missouri, the State of Missouri, the Governor's Council on Physical Fitness and Sports, the National Sports Governing bodies, the owner of the site of any festival of finals competition I may be participating in; their agents, employees, representatives, successors and assigns. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

_____ ATHLETE'S SIGNATURE

_____ PARENT'S OR GUARDIAN'S SIGNATURE (if athlete is under 18 years of age)

CONSENT FOR MEDICAL TREATMENT

I, the undersigned, do hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of emergency.

_____ ATHLETE'S SIGNATURE

_____ PARENT'S OR GUARDIAN'S SIGNATURE (if athlete is under 18 years of age)

Return form to: Columbia Track Club; P.O. Box 1872
Columbia, MO 65205-1872

Heart of America results:

Place	Time	First name	Last name	Age	City	State
1	2:46:40	Gerald	Holtmeyer	43	Fulton	
2	2:51:52	Thomas	Whalen	36	St Louis	
3	2:54:38	Matt	Luças	25	Moberly	
4	2:55:24	Kyle	Minnich	27	Van Wert, OH	
5	2:56:18	Patrick	Steward	33	Columbia	
6	3:00:34	Todd	Beaverson	38	Moberly	
7	3:02:21	Greg	Burger	35	Lawrence, KS	
8	3:03:39	Dann	Fisher	39	Manhattan, KS	
9	3:04:57	Steve	Riley	48	Lawrence, KS	
10	3:06:10	Dave	Dobkowski	41	St Louis	
11	3:17:54	Michael	Fitzgerald	34	St Louis	
12	3:18:22	Craig	Israelsen	43	Columbia	
13	3:19:52	Ed	Jacob	44	Van Wert, OH	
14	3:20:58	Chris	Cook	31	Columbia	
15	3:22:59	Raul	Flores	46	Leawood, KS	
16	3:23:13	Jim	Behrens	40	St Louis	
17	3:23:46	Ronnie	Wilson	56	Ozark	
18	3:25:05	Jamie	Mondello	47	Columbia	
19	3:26:59	Stephen	Hays	34	University Park, MD	
20	3:28:35	Peter	Madsen	32	Omaha, NE	
21	3:29:26	Jim	McInvale	46	Columbia	
22	3:29:34	Earl	Smith	49	Benton, IL	
23	3:32:13	Jordan	Whitlock	14	Centralia	
24	3:34:02	Brook	Sloss	30	St Louis	
25	3:34:53	Kevin	Guest	33	Rea	
26	3:35:12	Steve	Bourgeois	38	Columbia	
27	3:36:09	Krista	White	36	Columbia	
28	3:37:29	Dwayne	Miller	41	Columbia	
29	3:37:37	Allan	Benjamin	46	Columbia	
30	3:37:44	Mark	Livesay	36	Columbia	
31	3:40:52	Scott	Foster	45	Columbia	
32	3:46:02	Chuck	Mehrer	44	Lenexa, KS	
33	3:47:19	Wally	Hayes	44	Chesterfield	
34	3:49:15	Ed	Cook	46	St Louis	
35	3:49:26	James	Anderson	16	Greenville, IL	
37	3:51:17	Gene	Britten	45	Corry, PA	
38	3:51:35	Melissa	Davis	27	Springfield	
39	3:52:55	Frank	Pasquith	54	Emporia, KS	
40	3:55:31	Brad	Martini	39	O'Fallon, IL	
41	3:55:47	Lacey	Fecht	20	Carthage, IL	
42	3:56:07	J.P.	Palmer	37	Columbia	
43	3:58:30	Dan	Hatcher	42	Lee's Summit	
44	4:00:15	Mike	Fleming	60	Omaha, NE	
45	4:03:03	Dan	Hurlburt	54	Lincoln, NE	
46	4:06:22	Michael	Walters	27	St Louis	
47	4:07:37	Alexander	Kovalev	31	Kansas City	
48	4:08:19	Amy	Livesay	29	Columbia	
49	4:11:00	Mark	Oppenheim	36	University City	
50	4:11:34	Elizabeth	Shingler	17	Bethesda, MD	
51	4:14:12	James	Abrams	33	Columbia	
52	4:14:16	Allan	Holtz	52	Oakdale, MN	
53	4:17:01	John	Schulz	44	Columbia	
54	4:17:09	Don	Dornfeld	59	St Paul, MN	
55	4:17:25	Arthur	Stanger	43	Boca Raton, FL	
56	4:18:22	Eunika	Stevula	31	Memphis, TN	
57	4:20:03	Anna	Hays	31	University Park, MD	
58	4:20:27	Oscar	Chavez	38	Columbia	
59	4:20:54	Steve	Sawyer	48	Arlington Heights, IL	
60	4:22:54	Christopher	Klein	41	Cottage Grove, OR	
61	4:28:24	Roger	Young	44	St Louis	
62	4:28:29	Mathew	Wicks	22	Springfield	
63	4:29:36	Mike	Sykuta	36	Columbia	
64	4:29:59	Debra	Burnham	48	Fenton, MI	

HOA 1st place woman, CTC member **Krista White**

CTC member, **Craig Israelsen**

65	4:30:01	Ryan	McCabe	30	Fayetteville, NC
66	4:30:01	Salli Scott	Quinn	29	Memphis, TN
67	4:30:02	Richard	Hengst	52	Cape Girardeau
68	4:30:31	George	Brown Jr	42	Clinton, IL
69	4:34:51	Chin	Lin	63	League City, TX
70	4:35:24	Rosemarie	Ornellas	39	Colorado Springs, CO
71	4:35:43	Joseph	Neubauer	54	Chesterfield
72	4:35:59	Marshall	Silence	56	Neosho
73	4:36:08	Laura	Weber	43	Arlington, VA
74	4:38:48	Thomas	Wiltsch	51	St Louis
75	4:39:25	Ken	Ornellas	46	Colorado Springs, CO
76	4:40:26	Terry	Wilson	39	Columbia
77	4:41:38	Jean	Khabazian	46	Dallas,TX
78	4:42:29	Cindy	Turner	34	Florissant
79	4:42:39	Melissa	Young	18	Foristell
80	4:42:55	Carl	Wagner	46	Andover, KS
81	4:43:57	Marie	Orton	36	Kirksville
82	4:44:06	Marit	Schultz	41	Birch Run, MI
83	4:44:31	Kristin	Cavolick	32	Carmel, IN
84	4:45:25	Clark	Harris	37	Topeka, KS
85	4:47:06	James	Dillon	39	Kansas City
86	4:47:06	William	Carlson	43	Minden, NE
87	4:47:55	Janice	Edler	45	Alton, Il
88	4:48:42	Steve	Marshall	48	Bolivar
89	4:51:46	Ben	Holmes	45	Lenexa, KS
90	4:51:54	Glennon	Rost	43	Quincy, IL
91	4:52:55	Kimberly	Dill	23	St. Louis
92	4:52:57	Dan	Murphy	36	Smithville
93	4:55:30	Michael	Borrelli	36	Ft. Leonard Wood
94	4:55:32	John	Towery	38	Ft. Leonard Wood
95	4:57:31	Joseph	Galloway	45	Des Moines, IA
96	4:58:56	Leah	Christo-pher	40	St. Peters
97	5:00:24	Anita	Devineni	18	St. Louis
98	5:00:58	Ian	Durie	39	Alton, IL
99	5:01:59	Prisca	Humphrey	29	Kansas City
100	5:04:15	Rebecca	Savastio	37	Louisville, KY
101	5:04:47	Penny	Lancaster	51	Neenah. WI
102	5:06:26	Bob	Loyd	50	Savannah, GA
103	5:10:14	Clarence	Coats	54	Columbia
104	5:11:05	George	Stump	65	Cincinnati, OH
105	5:11:49	Robert	Gallagher	51	Pevely
106	5:12:19	Harry	Hoffman Jr	61	Port Salerno, FL
107	5:12:47	Emily	Davis	28	Fayetteville, NC
108	5:13:08	Laura	Warmbrod	44	Bentonville, AR
109	5:14:07	Margaret	Rutherford	44	Ashland
110	5:14:07	Ray	Rutherford	48	Ashland
111	5:16:56	Mark	Robke	31	Breese, IL
112	5:23:34	Keith	Biggers	43	Oklahoma City, OK
113	5:23:37	Dawn	Perkins	27	Steelville
114	5:24:06	Wayne	Matthews	53	Springfield
115	5:24:48	Rod	Stevens	36	Columbia
116	5:25:20	Lilli	Cooper	41	Boulder, CO
117	5:26:51	Joel	Sartwell	42	Columbia
118	5:27:56	Cathy	Cooper	40	El Dorado, KS
119	5:44:05	Glenn	Gregory	42	Armstrong
120	5:58:21	John	Fougere	37	Columbia
121	6:13:35	Nita Kay	LeMay	50	Hawthorne Woods, IL
122	6:14:04	Alan	Steggles	64	Ravenna, OH
123	6:14:56	Mirek	Malinowski	61	The Woodlands, TX
124	6:18:58	Masahiro	Nambara	24	Springfield
125	6:29:01	Jarrett	Roberts	35	Englewood, CO
126	7:00 +	Summer	Haven	37	Los Angeles, CA
127	7:00 +	Jack	Hudson	57	Mexico

CTC member
Stephen Bourgeois

CTC member
J.P. Palmer

Heart of America 2002 records:

Age	New record	Name	Old record	Name	When
Males:					
43	2:46:40	G. Holtmeyer	2:48:27	Dobkowski	'01
56	3:23:46	R. Wilson	3:27:06	W. Andberg	'67
63	4:34:51	C. Lin	5:15:08	R. Scharenbrock	'96
Females:					
18	4:42:39	M. Young	4:54:45	M Flentge	'79
43	4:36:08	L. Weber	4:41:20	L. Clark-Taylor	'00
48	4:29:59	D. Burnham	4:47:54	C. Simmons	'92

2002 Columbia Track Club Schedule

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

9/21	8 am	**One Hour Run**	**	John Patton, 443-1636 Gary Stamper, 234-1725	Hickman Track
10/19	**New start time:** 9 am	**M.U. Homecoming Stadium Run** 5k run/walk to benefit Big Brothers/Big Sisters	$12	Scott Dressel, 751-9203/ 696-3384	**New Location:** Stankowski Field
10/27	9 am/ 9:20 am	**Cross Country Series: Rock Bridge Revenge** 20k—9:00 am 10k—9:20 am	$20	Angela Passanise, 474-8373	Rock Bridge Memorial State Park
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

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

Out-of-Town Events

September 14 Let Freedom Run 4-mile "*To remember and honor those lost 9-11*", New York, NY from Pier 84, past World Trade Center Site, to Battery Park, 9 am, (212) 354-0300
3rd Annual Callaway Heritage Festival 5k, Fulton, 8:30 am, (573) 642-1065
21 Ozark Ham and Turkey Festival, California, 8 am,
22 Lewis and Clark Marathon/half-marathon, St. Charles, 6:30 am (636) 939-0161
28 Race for the Cure 5k, Wichita, KS, 8:30 a.m., (315) 683-8510
River City Road Race, Florissant, MO, 8:00 am, (314) 837-7290

October 15 Fall Parkway Run 15k/5k, St. Joseph, 8 am, (816) 271-5501
20 Spirit of St. Louis 10k, Forest Park, (314) 725-9880
Monster Dash 5k, Kansas City, KS, 9 am, (816) 561-5269

November 9 Quivering Quads Trail Runs, Troy, MO, dawn, (636-939-0161

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

Summer Track Series

WEEK 1	800	1600
Steven Bourgeois	2:19.7	5:14.8
Kevin Tyler	2:40.4	5:47.2
Kollin King	2:45.3	6:20.0
Daniel Lopez	2:48.4	6:21.3
Steve Lightner	2:54.4	6:44.6
Joe Lopez	2:56.3	6:40.0
James Jorgensen	2:59.6	6:06.9

WEEK 2	3200
Steven Bourgeois	10:37.6
Steve Stonecipher Fisher	11:13.6
Kevin Tyler	11:50.0
Dan Ihms	12:26.4
Stan Keicher	15:40.7

WEEK 3	1600	800
Steven Bourgeois	4:48.4	62.1
Kevin Tyler	5:34.1	81.3
Gary Lile	5:35.0	66.1
Becca Miller	5:44.8	67.3
Daniel Lopez	6:04.6	74.3
Joe Lopez	6:17.0	75.1
Steve Lightner	6:22.7	76.2
Lucia Bourgeois	12:28	95.1

WEEK 4	1600	800
Kevin Tyler	5:43.8	2:40.1
Daniel Lopez	6:02.2	2:49.6
Joe Lopez	6:36.0	3:09.4
Steve Lightner	7:14.1	

—Race Director Marc Keys

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
P.O. Box 1872
Columbia, MO 65205

____$15.00 dues

COLUMBIA TRACK CLUB *NEWS*

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Columbia, MO 65205

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