

COLUMBIA TRACK CLUB

NEWS

Volume XXXVI No. 5

August 2003



The C.T.C. Colts at the Show Me State Games: A Royal Flush at the Meet!

On July 25th and the 26th the Columbia Track Club sponsored youth track team, the C.T.C. Colts, under the coaching of Dick Hessler and Margaret Shimkus came as close to perfection as any Colt team yet fielded. The team this year was very deep in talent, dedicated in practice, and most importantly, gave each and every event their total effort!

Building on the young team from last year the improvement shows the benefit of experience and excellent coaching. This year, thirty-four young athletes walked into the competition with hundreds of competitors, and emerged with **79 medals** in individual and team events. Last year the team came home with 37, as compared to 35 in 2001. The depth of the talent can be seen by the fact that the only events which the team did not win a medal were the Triple Jump and the Long Hurdles. One of our youngest lady athletes looked up at me at the end and said, "We sure have a lot of medals!" I could only reply, "Yes, with that much metal you could build a car". Below is the car they built, but I will bet they will out run that car in the future.

It must be noted that the **results on page 6** may not be complete due to the fact that the Show Me State Games website has been down for many days as a result of the "worm" having infested the site. Consequently, I thus must rely on my written records from the actual meet. Please excuse any omissions, if there are any errors, please email me, and I will forward them for publication in the next newsletter. In addition, any complete listing of non-medal finishes would be very incomplete at best and will not be included.

THE ROSTER of the 2003 C.T.C. COLT TRACK & FIELD TEAM

Bradford Zitsch, Melea Shimkus, Nathan Keown, Erin Gillispie, Danica Shimkus, Dena Patci, Tiffany Harris, Chris Boeckmann, Jennifer Willis, Heidi Gundy, Kelly McDonald, Alexa Shelton, Amina Shelton, Andrea Wikle, Rebecca Willis, Hope Wright, Vincent Altomari, Connor Gundy, Grady Harrington, Lucas Harrington, Jacob Keener, Andrew McCarney, Thomas McCarney, Colin McDonald, Kory McDonald, Robby Schmidt, Ryan Schmidt, Andrew Spaedy, Brad Troyer, Matt Troyer, Anthony Veros, Daniel Veros, Nathan Wikle, Jessie McInvale

Thanks to Jim Keown, the Colts' "paper" coach!

Upcoming Events

- **Heart of America Marathon**, Sept. 1, Volunteers call Joe Duncan, 445-2684
- **Mexican Independence Day 5k**, Sept. 13, entry enclosed
- **One Hour Run**, Sept. 20
- **Pascale's Pals 5k**, Oct. 4, Run to benefit Children's Hospital, entry enclosed
- **Saturday morning group runs**
Every Saturday morning at the courthouse or MKT trail. Choose either 3, 6, or 10 miles. Lots of fun and camaraderie for all running levels.



Quote of the Month

"The long run puts the tiger in the cat."

—Bill Squires, marathon coach

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

July 1, 1978: 55 runners doing a mile on Hickman Track as part of the RRCA Postal Meet of Miles. Some notable performances: Amy Hessler, 12, 6:30; Peter Hessler, 8, 6:53; Kevin Schroeder, 8, 7:25; Kirk Sloan, 14, 4:54; Mark Taitt 20-29, 4:34 (fast time of the day); Mark Landrum, 30-39, 4:57.4; also 30-39, Mike Chippendale 5:07; Dick Hessler 5:08; Richard Harris 6:55; Joe Schroeder 7:31; 40-49: Ben Londeree 4:46; Olen Brown 5:09; Dick Martin 5:22; Don Johnson 5:24; Joe Duncan 5:35

July 20, 1978 MVA AU 15 Kilo Run: 1. Fred Bingeli 47:08; 2. Mark Hofius 47:10; 3. Steve Fisher, 21, 47:34; . . .
7. Denton Childs 48:38; . . . 10. Jeff Mittelhauser 50:13; . . .
. 13. Ben Londeree 1st, 40+, 52:43; . . . 22. Tom LaFontaine 56:33; . . . 33. Arne Richards 58:39; 34. Don Granberg 58:48; . . . 39. Don Lewis 1:00:15; . . . Turk Storvick 1st 50+ 1:02:35, Don Johnson 1:03:47, Joe Duncan 1:04:25; . . . a total of 96 runners.

August 5, 1978 30 Kilo Run 1. Ben Londeree and Olen Brown, a leisurely 2:00:00; 3. Steve Holt 2:00:22; . . . 5. Granberg 2:01:55; . . . 9. Allen Smith (Law School Dean) 2:08:38; 10. Joe Marks 2:09:20; . . . Storvick 2:16:07, Johnson 2:18:55, Duncan 2:24:48; . . . Ken Burres, Fayette, 2:32:38

August 19, 1978 10k Great Sandbagger Run 1. Joe Schroeder gets THE TROPHY for being off his predicted time by 11.27%. Joe had won HOA as a strapping youth of 19—now he was in his first rave in 15 years, having started running a year or so ago. In this race he ran non-stop for four miles and grossly underestimated how fast he could do a 10k. 42 runners. Fast time of the day: Mark Taitt 32:30. Other notables: 9-year old Peter Hessler 49:55, 7-year old Tim Gibson 52:34, Jim Gibson, 14, 41:57; Matt Gibson, 13, 45:48, Nicole Wagner, 7, 55:34; then Londeree 37:49, Dick Hessler 37:48, Olen Brown 38:02, Don Lewis 38:32, Turk Storvick, 50, 40:31, Kathy Cain 59:30, Don Johnson 40:04

CTC Board of Directors

Dick Hessler, president	Mark Wilson
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Randy Gay	Mark Volek
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Marc Keys	Linda LaFontaine
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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...**

We start with some sad news. Charlie McMullen died from colon cancer August 7, 2003, from cancer. He was 52 years old and was a resident of Rochester, New York at the time of his death.

Charlie came to Missouri on a track scholarship (1972-1974) under the legendary track coach, Tom Botts. Charlie became perhaps the greatest distance runner Missouri has ever had. Charlie was All-American in track and cross and was 13th at the NCAA CC championship in 1972 having lost a shoe in the mud early in the race. He was the only MU runner to break 4 minutes in the mile, and he did it twice in 1972. He finished sixth in the indoor NCAA meet and in the outdoor meet he ran 3:59.6 for 8th place. He anchored a distance medley relay which won at the indoor NCAA championships. Charlie also won the mile at the Big 8 indoor and outdoor conference meets in 1974 as well as the outdoor mile in 1973. In the 1974 outdoor NCAA mile, he placed fourth, and a month later he ran a career best 3:56.9 in Boston. He won Big 8 titles and set records in the 1,000 indoors. I trained with him and competed with him in the 1978 Drake Relays Marathon (US championships that year) which he won in 2:15, I believe. The time set a new race record by several minutes and was never broken. It was Charlie's first marathon. As a masters runner, Charlie was at the top of the rankings, and I saw him run a 4:20 mile at the Milrose Games when he was 40, I believe. He held the world record for two miles for the age group 40-44 (9:12.5). He became a successful and much revered special education teacher in Rochester and volunteered at the Monroe County Special Olympics, just one of the many ways that he gave back to the sport that he excelled at and loved. Charlie was quoted in the Rochester Democrat and Chronicle as saying that "I wanted to do something special. More important, I wanted to be something special. If you broke four minutes, you were something special." He was special any way you cut it and his special education students along with all the rest of us who knew and admired him mourn his death.

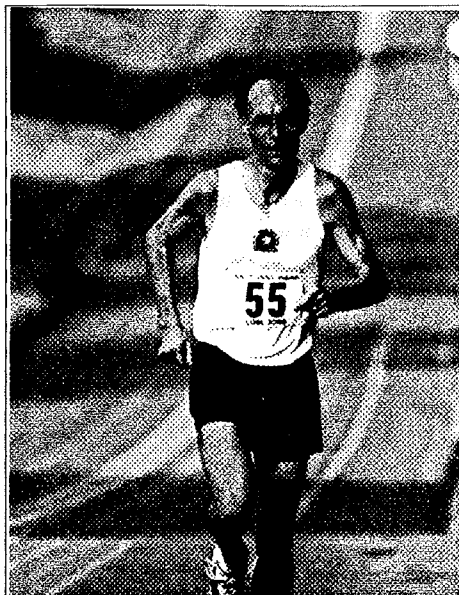
Charlie represents the volunteer spirit that clubs like our own must have in order to survive. Without all our race volunteers, directors, and summer youth program staff, CTC would die. We are losing a dedicated and savvy volunteer, Angela Passanise (and her partner, Dave, too) who moved to Kansas City to go to medical school. Angela worked tirelessly to make CTC better. She was elected to the Board, took over the Joe Marks Human Race, organized the Saturday morning training sessions, helped with the Wed. evening track workouts, and started the Rock Bridge Revenge, our only trail race. She and Dave will continue to organize the Rock Bridge Revenge, so we will see them occasionally, I'm sure.

The point is that all of us have this wonderful opportunity to give back to the sport that means so much to us. I'm sure that we have a dedicated core of volunteers, but some of those folks are way overworked. Tom Allen and Jim Keown are just two examples of a couple of dozen members who are always there ready to help.

Please think about chipping in occasionally. Call the race director for a race that you might be able to help at. Better yet, put your name on a standing list that race directors can use when they need extra help. I've asked Kurt Kennett to keep such a list that only race directors can gain access to. Like Charlie, you will be someone special.



CTC Runner Profile



HEART OF AMERICA MARATHON
Labor Day 2002
Columbia, Missouri

Craig Israelsen

Age: 44

PERSONAL RECORDS:

5k 17:30

1/2 marathon 1:24

Marathon 3:09

IronMan Are you kidding? It's not going to happen!

WEEKLY MILEAGE: Typically between 40-60 miles running plus some biking (particularly in the spring and summer).

WHEN DID YOU START RUNNING? In junior high school. Then ran cross-country and track in high school (in Los Altos, California). First marathon was in 1981. Then didn't run for 17 years! (Why...who knows?) Started running again in 1998 (thanks to my good friend Newell Kitchen).

FAVORITE WORKOUT: I enjoy a 15k loop from my home (Shepard Blvd area) to Broadway, to MKT, left on new spur which ends up in Grindstone Park, and then back home via Stadium. Also enjoyable are Saturday long runs which wind all over town with a variety of

fellow runners (Newell Kitchen, Dick Hessler, Steve Fischer, Steve Bourgeois, Christian Reed, or kids from the MU track team). I also enjoy 20-30 mile bike rides on the MKT and the Katy Trail.

WHO HAS INFLUENCED YOU MOST IN YOUR CAREER? As a young boy I admired Kip Keino and Jim Ryun, particularly after watching the 1968 Olympic games. Frank Shorter's marathon victory in the '72 Munich Games is very memorable (particularly after meeting him briefly at the 2000 Boston Marathon). Leo Long, my high school coach, helped me love track and field. As an adult, I admire endurance athletes who persist and demonstrate staying power measured in decades (Dick Hessler and Rick Rother come to mind).

PERSONAL INFO AND INTERESTS:

Tammy and I moved to Columbia from Provo, Utah in December of 1990 after accepting a position in the Dept of Consumer and Family Economics at the Univ. of MO. We thought we'd be here a few years...that was 13 years ago. Four of our seven children were born here in Columbia, so we're probably officially Midwesterners by now. I enjoy wood working and as a family we enjoy trips to a variety of U.S. destinations (and frequent trips to Shakey's). I enjoy being with people, particularly my children and students at the University. I have benefited from my association with the Columbia Track Club. The kids' track program on Wednesday evenings is truly inspirational. Thanks to all who volunteer.

Distance Medley We had nice weather for the distance medley at Hickman track on Saturday July 12. First an 8 lap 3200, 10 minutes recovery followed by a 1600, 10 minutes rest then the final 800. The Lopez family represented four age groups and enjoyed running the race together, notably 15 year old Daniel paced himself well for this tough event. Allison Hogsdon and Matt Dryer both completed their laps with descending splits and decided this was their favorite CTC event!

Results:

Matt Dryer (11:17.8, 5:24.6, 2:34.3)
Allison Hogsdon (12:22.3, 6:04.3, 2:55.6)
Daniel Lopez (12:35.0, 6:18.3, 2:53.6)
Joe Lopez (15:29.3, 6:58.5, 3:10.5)
Fabiola Lopez (15:29.3, 8:08.5, 3:37.3)
James Jorgenson (5:46.7, 2:44.5)
David Lopez (8:05.5, 3:54.5)

—Race Director Stephen Bourgeois

Parley P. Pratt 4 mile Race July 4, 2003

Overall Place Gender Place

NAME	Gender	AGE	Time
1 1 Pat Hanson	M	18	24:21
2 2 Jason Havey	M	19	24:21
3 3 Joshua Johnson	M	28	25:31
4 4 Kevin Tyler	M	47	26:20
5 5 Allan Benjamin	M	47	27:05
6 6 Phil Schaefer	M	49	27:22
7 7 Art Allen	M	34	27:45
8 1 Kendall Foss	F	15	28:25
9 8 Ryan Neff	M	14	28:25
10 9 Newell Kitchen	M	44	29:05
11 2 Chris Little	F	25	29:36
12 10 Scott Holdridge	M	28	29:57
13 11 Daniel Lopez	M	15	30:17
14 12 David Coogan	M	31	30:40
15 13 Mike Sykuta	M	37	31:00

16 14 Steve Lightner	M	51	31:27	37 27 Scott Kennisin	M	41	39:03
17 15 Michael Keeter	M	23	31:40	38 28 Tobt Sicks	M	28	39:24
18 16 Mark Means	M	27	32:12	39 11 Colleen Butler	F	41	39:40
19 3 Fabiola Lopez	F	45	32:58	40 29 Gordon Shaw	M	29	40:19
20 17 Harvey James	M	38	32:59	41 12 Millie Black	F	36	41:01
21 4 Mari-Jean Vance	F	15	33:19	42 13 Janet Brandt	F	51	42:11
22 18 Steve Kullman	M	43	33:20	43 30 Richard Boggs	M	75	43:06
23 19 Andrew Felker	M	23	33:26	44 14 Debbie Karwosla	F	49	43:07
24 20 Joe Lopez	M	50	33:57	45 15 Rebecca Fitzpatrick	F	31	43:26
25 5 Angela Passanise	F	31	34:02	46 16 Andrea Allen	F	56	44:15
26 6 Kristi Voytas	F	21	34:12	47 17 Deanna Phillips	F	40	46:10
27 21 Sterling Scott	M	13	34:25	48 18 Meg Gray	F	41	47:05
28 7 Karen Abart	F	43	34:42	49 31 Jon Kruse	M	35	48:48
29 22 Rod Stevens	M	37	34:44	50 19 Marge Means	F	65	49:15
30 23 Phil Wise	M	49	35:10	51 20 Amy Means	F	24	49:16
31 8 Melissa Giboney	F	24	35:12	52 32 John Naylor	M	40	49:17
32 9 Jessica Keeter	F	21	35:19	53 33 Landon Fitzpatrick	M	9	56:27
33 10 Holli Palmieri	F	25	35:55	54 21 Pat Fowler	F	43	70:00
34 24 Joe Duncan	M	69	36:36	55 22 Jody Todd	F	35	70:00
35 25 Mark Israelsen	M	11	36:49	56 23 Lisa Boyer	F	36	70:00
36 26 Arleigh Smith	M	31	38:02				

Summer Track Series

June 3rd 1600 and 800

Kevin Tyler	5:41.8	2:43.6
James Jorgensen	5:56.1	2:51.5
Marty Robinson	6:01.8	2:54.6

June 10th 1600

Fred Barney	5:17.9
Kevin Tyler	5:44.9

June 17th 1600 400

Christian Reed	4:37.7	
Tim Langen	5:05.2	
Fred Barney	5:14.5	
Daniel Lopez	5:36.2	71.4
John Matera	5:38.0	68.9
Kevin Tyler	5:38.7	77.1
James Jorgensen	5:46.5	75.5
Joe Lopez	6:19.9	95.9
David Lopez		97.1

June 24th 2 mile

Christian Reed	9:54.0 (new track club record)
Jason Havey	10:30.2
Cody Branch	11:05.5
Fred Barney	11:57.2
Kevin Tyler	12:06.0
Daniel Lopez	12:58.3
John Matera	13:03.8
Joe Lopez	14:22.6

—Race Director Marc Keys

Show-Me State Senior Games:

5k June 21, 2003

(Bethel—Southhampton—RBHS-Nifong course)

1. Rudy Kelley	56	20:01
2. Richard Nistendirk	63	25:48
3. Jeff Moran	52	27:31
4. Jack Hudson	58	27:50
5. Carol Kuhlmanf	59	27:57
6. Carolyn Lowry f	60	28:35
7. Don Waltman	67	29:31
8. Linda Reckart	f	57 29:32
9. Barney Sword	72	29:33
10. Andrea Allen	f	56 30:29
11. Nancy Fritsch	f	62 32:30
12. Janelle Twillman	f	71 35:25
13. Ed Burnham	83	36:42

5k walk:

1. Dean Homan	52	33:35
2. Maurine Lia	f	70 33:46
3. Fred Adams	69	34:03
4. J.C. Sanford	60	36:46
5. Lewis Mead	72	39:44
6. Maurita McCarty f	55	44:16

10k run

(Walton Stadium—Green Meadows—Bethel—Southhampton—Access rd.—Finish in Reactor Park)

1. Rudy Kelley	56	42:08
2. Tom Davis	51	46:53
3. Carol Kuhlman	f	59 58:28
4. Jack Hudson	58	1:07:41
5. Ed Burnham	83	1:25:37

—Race Director Joe Duncan

Show-Me State Games 5k

July 27, 2003

This was a good morning for a run—clear, fairly low humidity, around 72 degrees. Once again, as happened two years ago, the gates to Faurot Field did not get opened so we had to go to the alternate course which finishes behind the Hearn Center. This is a CTC-certified course, but it is more fun to finish inside the Stadium. Thanks to all the CTC people who helped out: Tom Allen, Tom and Linda LaFontaine, Dick Hessler, Ben and Darlene Londeree, Steve S-F, and to all the Show-Me Games volunteers.

—Race Director Joe Duncan

1. Steve Taylor	29	17:43	13. Chris Little	f	25	21:31	46. Van Beasley	f	59	29:19
2. Joshua Bird	16	18:11	14. Fred Brand		39	21:42	47. Kim Waters	f	28	29:28
3. Scott Foster	46	19:43	15. John Dickey		49	21:50	48. Terry Dunscombe		67	29:35
4. Kevin Tyler	47	19:48	16. Margy Tonnies	f	33	22:06	49. Myoung Kaylen	f	37	29:57
5. Jack Uhrig	9	20:01	17. Chris Sheppard		33	22:20	50. Carolyn Lowry	f	61	29:58
6. Andy Shirkey	34	21:11	18. Jer Nixon		14	22:38	51. Frank Sommerfeldt		38	30:07
7. Heather Cruz-Smith f	26	20:23	19. Steve Lightner		51	22:47	52. Martina Popovicova f		22	31:02
8. Steve Terry	49	20:33	20. Rebecca Miller	f	29	22:54	53. Barney Sword		72	31:04
9. Rudy Kelley	56	20:42	21. Cydi Sommerfeldt	f	42	23:08	54. Jack Hudson		58	31:12
10. Keith Leap	36	20:10	22. Oscar Chavez		39	23:32	55. Ken Hirlinger		52	31:30
11. Spencer Anders	12	21:23	23. Amy Kennison	f	15	23:36	56. Kristina Kaylen	f	15	31:40
12. Terry Schumann	32	21:30	24. Susie Kennison	f	45	23:42	57. Sarah Dietz	f	31	31:41
			25. Emily Brand	f	11	23:52	58. Kerry Geffen	f	33	32:17
			26. Mike Walther		45	24:09	59. Andrea Allen	f	56	32:52
			27. Lori McHugh	f	30	24:22	60. Mark Banks		49	33:49
			28. Kelly Roberts	f	46	24:29	61. Nancy Fritsch	f	64	33:49
			29. John Schulz		45	24:32	62. Jay Nixon		48	33:57
			30. Jim O'Dell		59	24:33	63. Jeannelle Twillman f		71	37:34
			31. Bill Morgan		52	24:55	64. Ed Burhnam		83	37:53
			32. James Smith		43	25:02				
			33. Christina Crawford f		19	25:07				
			34. Ken Bryant		55	25:14				
			35. Renee Alvarez		30	25:21				
			36. Amber Akins	f	25	25:27				
			37. Samuel Crawford		15	25:46				
			38. Cecile Desair	f	47	27:19				
			39. Scott Waters		34	27:47				
			40. Rod Stevens		37	28:00				
			41. Tony Spaedy		40	28:10				
			42. Dan Schoenleber		47	28:12				
			43. Kenneth Bartley		47	28:20				
			44. Carol Kuhlmann	f	59	28:31				
			45. Laura Wells	f	62	28:58				

5,000 meter walk

1. Dave Coutts	47	25:53
2. Gayle Johnson	f	54 27:03**
3. Beth Lewis	f	20 32:45
4. Jane Shyken	f	48 33:13
5. Debbie Carpenter	f	42 34:17
6. Craig Kolb		41 34:53
7. Fred Adams		70 34:56
8. Gene Hall		72 36:48
9. Sam Crawford		45 40:04
10. Lana Crawford	f	41 42:04
11. Angie Logsdon	f	38 43:28
12. Jan Skouby	f	43 43:28

Great Sandbagger 10k

Aug. 2, 2003

Fourteen runners braved the relatively cool temperatures and early morning clouds, their only risk being they might actually win the Great Sandbagger trophy and have to defend it next year. Richard Boggs, last year's winner, missed a repeat victory, in a dramatic finish with Myoung Kaylen crossing the finish line 9:30 minutes sooner than she anticipated and far ahead of her competition. Not bad given that her first road race, a 5K, was the week earlier at the Show Me State Games. We had many highlights: the official club race clock was left on all night in my car, the ground was too dry to accept the directional arrows we 'borrowed' from another CTC club race with much better graphics (Rock Bridge Revenge), so we hoped everyone remembered the last loop; Patrick Hanson finished his last 2 miles or so barefoot as his shoes, (which he emphasizes were not fitted nor purchased from Tryathletics) were giving him a bit of trouble. In starting order and their actual finish times, the runners were:

Myoung Kaylen	66:30:00
Richard Boggs	69:13:00
Debbie Karwoski	68:31:00
Hugh Emerson	61:21:00
Brenda Leuenberger	49:02:00
Jim O'Dell	54:31:00
Mike Kaylen	45:52:00
Oscar Chavez	50:40:00
Rick McAllister	50:10:00
Kurt Kennett	45:04:00
Chris Little	44:50:00
Andy Shirkey	42:36:00
Julie Lessas	41:01:00
Pat Hanson	44:20:00



Many thanks to Peggy Horner and Kala Jennings for their excellent management of the timing and water/snack stations, and Alejandro Chávez for his finish line photography and graphics. Mark your calendars now for next year's race. —Race Director Pat Fowler

The following are the medal results of the your C.T.C. Colt Track & Field Team 2003. Each and every member of the Colts 2003 Summer Track & Field Team is indebted and wishes to thank our parent organization –

The Columbia Track Club -

WE ALL THANK YOU FOR YOUR SUPPORT!!!

Erin Gillispie – GOLD (800M)
 GOLD (4X100M Relay)
 SILVER (400M)

Heidi Gundy - SILVER (400M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)
 GOLD (Shot Put) 1st time a Colt has earned a medal in this event.

Bevin Gunn - GOLD (4X400M Relay)

Tiffany Harris - SILVER (High Jump)
 BRONZE (Low Hurdles) 1st time a Colt has earned a medal in this event.
 GOLD (4X400M Relay)

Kelly McDonald - GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Dena Patci – GOLD (4X400M Relay)
 SILVER (800M)
 SILVER (400M)

Amina Shelton – SILVER (200M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Danica Shimkus – GOLD (4X400M Relay)

Melea Shimkus – GOLD (4X400M Relay)
 BRONZE (Long Jump)

Andrea Wikle - GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Jennifer Willis - BRONZE (400M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Rebecca “GOLDEN GIRL” Willis – GOLD (4x400M Relay)
 GOLD (800M)
 GOLD (400M)
 GOLD (4x100M Relay)

Hope Wright - GOLD (1500M)
 SILVER (4X100M Relay)
 GOLD (4X400M Relay)

Vincent Altomari – SILVER (200M)
 SILVER (4X100M Relay)
 GOLD (4X400M Relay)

Chris Boeckmann – BRONZE (3000M)

Connor Gundy - SILVER (4X100M Relay)
 SILVER (4X400M Relay)

Grady Harrington - SILVER (4X100M Relay)
 SILVER (4X400M Relay)

Lucas “ YOUNG GOLDEN BOY” Harrington GOLD (800M)
 GOLD (1500M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Jacob Keener - SILVER (4X100M Relay)
 SILVER (4X400M Relay)

Nathan Keown – SILVER (4X100M Relay)
 GOLD (4X400M Relay)

Thomas McCarney - SILVER (4X100M Relay)
 GOLD (4X400M Relay)

Kory McDonald - GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Jessie McInvale – GOLD (4X400M Relay)

Robby Schmidt - SILVER (800M)
 SILVER (200M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Ryan “GOLDEN MAN” Schmidt – GOLD (400M)
 GOLD (800M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Brad Troyer - BRONZE (100M)
 BRONZE (200M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Matt “YOUNGEST GOLDEN BOY” Troyer -
 GOLD (100M)
 GOLD (200M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Anthony Veros - SILVER (4X100M Relay)
 GOLD (4X400M Relay)

Daniel Veros - BRONZE (400M)
 GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Nathan Wikle - SILVER (4X100M Relay)
 SILVER (4X400M Relay)

Bradford Zitsch – GOLD (4X100M Relay)
 GOLD (4X400M Relay)

Kids' Korner

2003 Columbia Track Club Schedule

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

9/1	6 am	Heart of America Marathon 44th annual—Ranked by <i>Runner's World</i> as the hardest non-mountainous marathon in the US.	\$25	Joe Duncan, 445-2684	Stadium Blvd., by the Hearnes Center
9/20	8 am	One Hour Run	**	John Patton, 443-1636 Gary Stamper, 234-1725	Hickman Track
10/18	9 am	MU Homecoming 5k run/walk To benefit Big Brothers/Big Sisters	\$12	Scott Dressel, 751-9203/ 696-3384	Stankowski Track
10/26	9 am	Rock Bridge Revenge 10k/ half marathon	\$20	Angela Passanise and Dave Coogan, 474-8373	Rock Bridge State Park (upper parking lot)

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

Out-of-Town Events

- September**
- 6 Cole Camp Fair 5k run/2 mile walk, Cole Camp, 7:30am, (660) 668-2119
 - 7 St. Louis Firefighters 10k/3k/walk, Downtown St. Louis, 7:30 am, (314) 781-3926
 - Lake Freebird Triathlon/Duathlon, Mountain Grove, 8 am, register on active.com
 - 13 Trail of Tears Triathlon, Trail of Tears State Park, 9 am, (573) 335-5421
 - 14 Mississippi Mile (1/2 mile youth), St. Louis, 8:30 am, (314) 781-3926
 - 20 Jesse James 5k/10k, Kearney, 8 am, (816) 320-3642
 - 20th Annual Pony Express 5k/10k/hal-marathon, St. Joseph, 7:45, (816) 232-3344
 - Waldo Walk/Run 5k, Kansas City, 8 am, (816) 822-9000
 - Cannon Ball 5k, Lexington, 7:30 am, (660) 259-3020
 - 21 2nd Annual Lewis and Clark Marathon/Half-marathon, St. Charles, (636) 939-0161

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



Welcome New CTC Members

Summer Allen	Columbia
Vincent Altomari	Columbia
Lisa Griggs	Columbia
Bevin Gunn	Columbia
Michele Jackson	Columbia
Jacob Keener	Columbia
Phyllis Koepp	Columbia
Rosalie McDonald	Columbia
George Mummert	Fulton
Douglas Mirts	Columbia
Dennis Nilson	Harrisburg
Corey Parks	Belton
Petty Family	Columbia
William Stolz	Columbia
Michael Troyer	Columbia
Carm Veros	Columbia
Willis Family	Columbia

Running Shorts. . .

- Best wishes to **Angela Passanise** as she heads off to Medical School in Kansas City. Angela started the Saturday morning running group, and has been active in the club as a race director and participant. We will miss her enthusiasm for running, and wish her the best in the future.
- Oct. 4, 2003 **Dog Jog 5K** (9 am) with a 2K walk (9:15 am). Entry fee \$15; dogs encouraged to join runner (on leash); prizes given in the with and without dog categories; Packet pick-up starts at 8 a.m. at MU Vet Hospital parking lot on E. Campus Rd. Contact Mary Avelle at 446-9689.

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
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Columbia, MO 65205

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