

The Columbia Track Club News

Volume XX, No. 6

October 18, 1988

Steve Stonecipher-Fisher Brings Heart of America Crown Back to Columbia

RESULTS BEGIN ON PAGE 4

Perfect weather conditions and perhaps a bit of a whim combined to bring the Heart of America Marathon title back to the CTC. Steve Stonecipher-Fisher won this race in 1980 (2:35:32) and after 8 years decided it was time for another go at it. He did not make his plans public until a few days before the race. With a modest 50 to 60 miles/week training regimen, Steve wanted a relaxed long workout prior to the St. Louis Marathon and he did run easily over the entire distance. He was pressed by Steve Cline, Burlington, Iowa and Frank Curotto, St. Louis, MO for only the first mile.

Steve Cline now has his third second-place finish to go with three third-place finishes and one fifth. Cline and Curotto ran together for 24 miles, but just after the 24 mile checkpoint, Cline moved away. Curotto finished third, having won the race the last three times he was here (1984, 1986 & 1987).

Chris Ruble was the first female finisher after finishing second 3 other times and not having run this race since 1984.

Lou Fritz ran his 24th consecutive HOA, all but two of them being under 3 hours (once in the heat of 1970 and the other in 1978, when he was here with an injured thigh), and those were 3:01's. Lou and Bill Fox hooked up in another of their traditional duels and for the first time (after 5 tries), Lou got the edge over Bill in the 40-49 category. However, in 13 matchups, Lou leads Bill by 7 to 6.

Heart of America, cont. on page 2.....

CTC Annual Meeting Set for Thursday, Nov. 3

The 1988 Annual Meeting of the Columbia Track Club will be held at 7:30 pm on Thursday, November 3 in the Community Room of the Farm and Home Savings Association Building. The entrance to the Community Room is on the west side of the building at 725 East Broadway. As described in the September Newsletter, members will elect nine members to the Board of Directors, hear reports on the past year's activities and business and make plans for the next year's activities. The Columbia Track Club can only accomplish what its members are willing to do. The Club is a GROUP of runners, walkers and people supportive of these activities, and it must work as a GROUP, not as a few individuals. It is in your best interest to attend this meeting. THE MEETING WILL ADJOURN BY 9:00 PM!!!

Carney and McFadden Victorious in Missouri Heart Institute 8-K Run

RESULTS ON PAGE 7

Mike Carney, a member of the Reebok racing team, came from Des Moines, Iowa to capture the overall title in the Missouri Heart Institute 8-K race held on September 25, 1988 at 7:30 am. Mike and Charlie Gray of Lee's Summit engaged in a fierce struggle throughout the entire 8-K course. Charlie was leading by a stride coming down the finishing 1/3 mile decline

Heart Institute 8-K cont. on p. 2....

Heart of America, cont. from page 1.....

Bob Dolphin won the Dave Schulte Award for Improved Performance, his 3:09:31 showing an 18.45% improvement over the 3:52:24 he had in 1983. This he does at age 59! In fact, two weeks prior to the HOA, Bob ran the Portland Marathon in 3:06 and then a week later came the Twin Cities in 3:06. Bob moved to Yakima, Washington 5 years ago and during that time we have been receiving all these accounts of spectacular performances by Bob completely unlike his record when here in Columbia. Now with this performance in the HOA, the legend has been confirmed. He is for real!!

Don Johnson set a new standard for age 60 & over, his 3:37:28 shattering Howard Calkin's 4:23:13 from 1982.

As usual, many, many people need to be recognized for their work in making this event a success. We thank Kim Stonecipher-Fisher for all her work with the aid stations which were operated by the Hickman male & female cross-country teams. Joe Marks, Ben Londeree, Joyce Schulte, Veva Spier, Eric Mumford, Dr. Pfefer and Dr. Stoy, Don Patterson, Scott Hinton, Tom Coon, Doris Gress, Mike & Carolyn Little, John Whiteside, Linda Robbins, Jerry French and Rich Harris all pitched in to help. SHELTER INSURANCE continued to serve as the perennial major sponsor of the race, along with other commercial sponsors, including Nowell's Groceries and Joe Machen's Ford. The help of these and many more is greatly appreciated. *Article by JOE DUNCAN, Race Director of the HOA.* THANKS, JOE!

DID YOU KNOW? Former CTC Colt and Hickman High runner Peter Hessler is running as a freshman on the Princeton Varsity Cross-Country team this fall. Nice going, PETER!!!

Heart Institute 8-K cont. from p. 1.....

with Mike getting the edge as they made the tight turn to the finish line. Mike's time was 23:38, just two seconds ahead of Charlie in 23:40. This translates to about a 29:32 10-K time or a 4:45 per mile pace and is about a minute and ten seconds or so off the world record for the 8-K distance. Mike took home \$400 for his efforts while Charlie garnered \$375 for second place and for being first at the three mile mark.

In the women's race, Michelle McFadden was in second at three miles after Liz Bulman surged between miles two and three to take home the \$75 premium awarded to the leader at the three mile mark. However, Michelle finished quite strong and won the overall women's award of \$400. Michelle looked in control as she crossed the finish line 38 seconds ahead of Liz.

The competition in the Men's Masters race was quite good with the first six Masters men finishing under 30 minutes. Mark Hosler was first in 28:29, with Norm Stebbins coming in a close second in 28:42. There was only a 1:12 differential between 1st and 6th in the Men's Masters competition. In the Women's Masters race, Susan Wilson was first in 32:41. Susan actually was the fifth woman overall and had a 34 second cushion between her and the second place finisher, Sandy Dunafon.

In all, 268 entered and 246 finished this event. In addition to the overall and Masters cash awards, there were about 69 other awards presented, including certificates from Tryathletics for shoes for first place, watches for second place and running shorts for third place in all age divisions. The other awards included several special categories such as the first finisher who wore a Shakespeare's t-shirt. Among the age group and special category winners was Joe Duncan who finished third in the 50-59 year-old age group and won the category for being the oldest male finisher

employed by Shelter Insurance Company who ran the course under 40 minutes. Don Johnson finished the course in 33:21 and captured the crown for being the oldest finisher under 35 minutes. There are many more finishers who could be recognized, and they are listed following page 6. Everyone had a good time and enjoyed the event, along with the food and "Old Time" fiddle music provided by Columbia's Taylor McBaine, accompanied on guitar and harmonica by Gary Sparks, Walter Calvin and Ed Roddy.

I would like to thank all who volunteered to help with this race. Over 80 volunteers helped, including members of Hickman and Rock Bridge boys and girls cross country teams. The list is too extensive to mention everyone, but be assured that your assistance in events like these is not only appreciated, but necessary. I would like to thank all the sponsors, including the Missouri Heart Institute at Boone Hospital Center, Boone County National Bank, Tryathletics, Fitness Underground, KFRU Radio, KOMU TV, The Missourian, Temple-Stephens Grocery, TCBY Yogurt, Pepsi-Cola and Boone Hospital Center's dietary services. A special thanks to all the special category sponsors and to the Columbia Cardiology Associates and the Missouri Cardiovascular and Thoracic Surgeons, Inc. for providing the overall and Masters categories cash awards. Also, I wish to express my appreciation to the Columbia Police Reserves and Sgt. Chris Egbert of the Columbia Police Department, who did an outstanding job of providing protection on the course and monitoring all critical intersections. Finally, thanks to all who participated! Don Lewis, Linda Robbins and I hope that you all enjoyed yourselves and achieved the personal goal you were striving for, whatever it was!!

- Tom Lafontaine, Race Director

THANKS, TOM!!!

TURKEY TROT SET FOR OCT. 30 IN SHAW PARK, ST. LOUIS

The Fourteenth running of the Turkey Trot Three Mile Cross-country Race will be staged at Shaw Park in St. Louis on Sunday, October 30. Race time is set for 1:00 pm. This is a team event, including the traditional rivals, the hosting St. Louis Track Club and the Columbia Track Club. For the third consecutive year, the Jefferson City Striders will join in the team competition, as well. The St. Louis Club has dominated the team competition in recent years, however the CTC pulled out victories in the Men's Masters and Women's Divisions last year. The SLTC can be expected to put up a strong showing to take back the travelling trophy. **WE NEED TO HAVE AS MANY RUNNERS COMPETING AS WE CAN!**

A team bus will be leaving from the Hickman High parking lot (northwest side of building) at 9:00 am. CTC members are encouraged to ride on the bus. Bus fare will be \$4.00 per rider. For those travelling on their own, Shaw Park is in Clayton, MO. Turn north on I-170 from Hwy. 40 or south on I-170 from I-70, then turn east off I-170 onto Forest Park Parkway and go east to Brentwood Blvd. Turn north onto Brentwood and then turn left onto Forsythe and left again into the park.

Stewart Wins Soybean 4-Mile Again

Dennis Stewart, CTC member from Higginsville, MO led the pack of 92 finishers in Mexico's 4-Mile Soybean Run, finishing in 21:54.8 on Sunday, Sept. 25. Two other CTC members finished in the top ten, Richard Huse in fifth place (24:41.5) and Tracy Smith in sixth (25:05.9). The conflict with the Heart Institute 8-K on the same day was unfortunate, and will be avoided in the future. Even so, it is encouraging to see that nearly 400 Mid-Missouri runners found a race to suit their needs on this beautiful autumn day. **RESULTS ON PAGE ____.**

THE HEART OF AMERICA MARATHON

OCTOBER 9, 1988

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RESULTS

name	age	home town	state	1/2 way	pace/ml.	final time
1. STEVE STONECIPHER-FISHER	31	Columbia	Mo	1:16:22	5:50	2:33:38
2. Steve Cline	34	Burlington	IA	1:19:48	6:01	2:38:30
3. Frank Curotto	34	Kirkwood	MO	1:19:47	6:03	2:39:24
4. Alan Bako	30	Columbia	MO	1:22:03	6:33	2:52:09
5. Donald Gorton	27	Springdale	AR	1:25:47	6:40	2:55:02
6. David Dobskowski	30	St. Louis	MO	1:29:19	6:42	2:53:41
7. Rob Schloegel	24	Columbia	MO	1:26:33	6:45	2:57:06
8. Jim Maxwell	34	San Diego	CA	1:26:33	6:45	2:57:23
9. Lou Fritz	45	Verdon	NE	1:26:35	6:47	2:58:03
10. Bill Fox	46	Higginsville	MO	1:22:33	6:56	3:02:42
11. Ricky Warren	35	Springdale	AR	1:26:57	7:07	3:07:58
12. Bob Dolphin	59	Yakima	WA	1:29:49	7:13	3:09:31
13. Joe Guffey	30	Ashland	MO	1:25:49	7:27	3:15:41
14. Pat O'Laughlin	27	Columbia	MO	1:27:58	7:28	3:16:24
15. Kevin Sigrist	27	St. Charles	MO	1:33:14	7:13	3:17:44
16. Fred Fritsch	52	Columbia	MO	1:33:48	7:33	3:18:27
17. Mark Volek	33	Columbia	MO	1:35:01	7:35	3:19:01
18. Christof Parker	30	Columbia	MO	1:31:32	7:37	3:20:11
19. J.R. Strawn	34	Columbia	MO	1:39:25	7:40	3:21:45
20. Roger Turnbough	31	Columbia	MO	1:30:38	7:45	3:23:55
21. Douglas Pope	27	Fairfield	IL	1:49:56	7:52	3:26:33
22. Jim Emmert	22	Columbia	MO	1:36:31	7:53	3:26:56
23. Steve Fuller	40	N. Kansas City	MO	1:39:08	7:56	3:28:10
24. Dwight Marshall	39	Kansas City	MO	1:44:01	7:57	3:28:16
25. Jerry MacLean	35	Alma	MO	1:30:20	7:58	3:29:55
26. Dennis Simmons	44	Florissant	MO	1:46:15	8:01	3:30:02
27. Jeff Gibson	22	Columbia	MO	1:40:09	8:02	3:30:58
28. Tom Worthy	34	Springdale	AR	1:41:17	8:04	3:31:45
29. Mark Rodabaugh	43	Kansas City	MO	1:41:52	8:05	3:32:17
30. Chris Ruble	34	Columbia	MO	1:44:01	8:10	3:34:22
31. Leo Griffard	36	St. Louis	MO	1:44:09	8:14	3:36:06
32. Don Johnson	60	Centralia	MO	1:42:12	8:16	3:37:27
33. Thomas Malloy	32	Columbia	MO	1:33:39	8:17	3:37:50
34. Greg Ber	26	Terre Haute	IN	1:48:47	8:18	3:38:05
35. Charles Kratochvil	35	Columbia	MO	1:35:57	8:19	3:38:42
36. Les Garrett	40	Springdale	AR	1:47:07	8:31	3:43:17
37. Joe Reed	35	Fayetteville	AR	1:47:07	8:34	3:45:07
38. Walt Morton	43	Springfield	MO	1:41:47	8:40	3:47:51
39. Joe Duncan	54	Columbia	MO	1:48:37	8:48	3:48:17
40. Harald Bosse	16	Remagen West. Germ.		1:48:50	8:42	3:48:50
41. Linda Kretow	27	Columbia	MO	1:46:07	9:00	3:56:00
42. Jerry Herndon	50	Cabin Creek	WV	1:55:38	9:00	3:56:00
43. Paul Whitter	40	Springfield	MO	1:55:37	9:01	3:56:37
44. Jack Hudson	18	Mexico	MO	2:03:32	9:02	3:56:50
45. Edward Christy	26	Terre Haute	IN	1:43:05	9:04	3:58:03
46. Harry Pendergraft	47	Columbia	MO	1:54:30	9:11	4:01:10
47. Dan Clinkinbeard	39	Columbia	MO	1:42:13	9:16	4:03:19
48. Becky Lorenz	29	Columbia	MO	1:51:57	9:18	4:04:17
49. Bob Lorenz	37	Columbia	MO	1:51:57	9:20	4:04:17

THE HEART OF AMERICA MARATHON

RESULTS...CONTINUED

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50. Bonnard Moseley	69	Columbia	MO	2:08:39	9:23	4:06:19
51. Norman Head	57	San Diego	CA	1:50:37	9:29	4:09:06
52. Eric Morris	26	St. Louis	MO	1:53:04	9:29	4:09:06
53. Michael Grace	31	Sedalia	MO	1:54:28	9:46	4:16:03
54. Ed. Bordeleau	32	Paris	MO	1:51:52	10:14	4:28:31
55. Bill Alexy	34	Bridgeton	MO	2:08:54	10:17	4:29:52
56. Cheryl Simmons	44	Florissant	MO	2:09:26		4:37:11
57. Leon Everly	48	Jackson	MO	2:06:12		4:37:19
58. Jack Hudson, Sr.	43	Mexico	MO	2:08:39		4:48:02
59. Mary Kathryn Moore	24	Columbia	MO	2:10:27		4:48:02
60. Scott Coad	23	Florissant	MO	1:54:28		4:52:03
61. Rob Spier walked	66	Columbia	MO	2:40:05		5:33:54
62. Sandra Fritz walked	42	Columbia	MO	2:40:05		5:37:21
63. Carmen Abbott	38	Columbia	MO	2:37:29		5:43:32
64. Janene Henstorf	26	Columbia	MO	2:37:30		5:43:32

THREE MILE SPLITS HEART OF AMERICA MARATHON 1988

PLACE	3	6	9	12	15	18	21	24
1	17:49	35:15	51:30	1:11:08	1:29:08	1:46:38	2:03:53	2:21:07
2	18:28	36:46	54:56	1:15:33	1:32:17	1:49:53	2:07:17	2:25:15
3	18:26	36:45	54:55	1:15:34	1:32:15	1:49:53	2:07:17	2:25:16
4	18:29	37:07	55:48	1:16:50	1:35:30	1:55:32	2:15:44	2:36:52
5	21:00	40:40	59:51	1:19:19	1:38:42	1:58:00	2:18:02	2:38:58
6	20:54	40:55	1:00:58	1:22:05	1:42:30	2:02:32	2:22:40	2:42:50
7	19:47	39:37	59:13	1:19:39	1:39:49	2:00:02	2:20:35	2:41:38
8	19:47	39:36	59:12	1:19:39	1:40:10	2:00:03	2:20:35	2:41:38
9	19:50	39:40	59:17	1:19:40	1:40:00	2:00:18	2:20:46	2:42:06
10	18:32	37:09	56:00	1:18:30	1:36:20	1:56:45	2:18:31	2:42:00
11	20:00	39:56	58:54	1:19:48	1:41:45	2:03:04	2:26:33	2:49:58
12	20:08	41:00	1:00:54	1:22:42	1:45:30	2:07:36	2:30:21	2:53:13
13	19:32	38:57	58:18	1:19:30	1:40:04	2:02:30	2:27:15	2:54:32
14	20:00	39:38	59:14	1:20:53	1:44:00	2:07:14	2:33:06	2:59:43
15	21:52	42:54	1:03:45	1:25:47	1:48:23	2:09:17	2:32:13	2:56:44
16	21:40	43:29	1:04:18	1:26:19	1:49:10	2:11:33	2:35:19	3:00:04
17	22:17	45:27	1:05:09	1:27:57	1:50:00	2:11:06	2:34:30	2:59:43
18	21:07	41:56	1:02:12	1:24:03	1:47:30	2:10:12	2:34:52	3:03:21
19	24:12	46:43	1:08:58	1:31:42	1:54:20	2:17:44	2:41:32	3:04:32
20	20:45	40:54	1:01:12	1:23:07	1:46:15	2:09:59	2:35:17	2:59:28
21	came late	55:56	1:18:09	1:41:40	2:04:52	2:26:55	2:48:41	3:10:15
22	22:00	44:05	1:05:08	1:26:56	1:51:08	2:12:26	2:37:09	3:04:18
23	24:12	47:23	1:09:00	1:31:36	1:54:26	2:17:44	2:42:31	3:08:14
24	24:48	48:38	1:11:52	1:36:01	2:01:28	2:24:17	2:48:05	3:11:26
25	19:55	40:22	1:00:47	1:22:49	1:46:40	2:11:10	2:39:40	3:08:58
26	25:08	49:08	1:13:12	1:37:55	2:02:06	2:25:37	2:49:39	3:13:15
27	22:17	44:39	1:07:38	1:31:42	1:56:05	2:20:45	2:45:56	3:11:42
28	22:20	46:13	1:09:21	1:33:24	1:58:02	2:22:35	2:48:17	3:13:43
29	22:20	46:17	1:09:22	1:33:28	1:58:08	2:21:47	2:47:40	3:13:54
30	23:59	47:42	1:11:38	1:36:01	2:01:55	2:25:51	2:51:01	3:16:15
31	24:40	47:22	1:10:38	1:35:37	2:00:30	2:24:55	2:50:21	3:16:02
32	23:43	46:58	1:09:40	1:34:04	1:59:20	2:24:16	2:50:44	3:18:08
33	20:25	41:36	1:02:58	1:25:45	1:50:40	2:17:15	2:47:40	3:17:08

HEART OF AMERICA

THREE MILE SPLITS

CONTINUED

34	25:06	50:02	1:14:54	1:40:11	2:05:20	2:29:25	2:53:55	3:19:42
35	21:38	43:28	1:04:22	1:28:00	1:52:08	2:17:42	2:45:54	3:16:42
36	24:45	49:26	1:13:42	1:38:45	2:04:30	2:29:15	2:56:24	3:23:59
37	24:43	49:25	1:13:47	1:38:45	2:04:33	2:29:15	2:56:04	3:23:59
38	23:43	46:15	1:09:15	1:33:24	1:59:55	2:25:30	2:53:06	3:25:32
39	25:52	50:39	1:14:44	1:40:15	2:06:03	2:30:40	2:56:50	3:25:30
40	25:08	50:36	1:15:07	1:40:15	2:05:22	2:30:29	2:57:21	3:26:14
41	23:35	47:42	1:11:42	1:37:29	2:04:50	2:30:28	2:59:37	3:32:22
42	25:50	51:02	1:20:29	1:46:58	2:14:35	2:38:47	3:06:54	3:36:42
43	26:50	53:00	1:19:43	1:46:20	2:13:54	2:40:15	3:07:01	3:36:42
44	28:22	56:52	1:25:20	1:53:46	2:21:24	2:46:35	3:13:23	3:38:36
45	24:14	47:00	1:10:10	1:34:39	2:00:48	2:28:40	3:02:04	3:34:40
46	27:06	53:21	1:18:59	1:45:15	2:12:48	2:40:05	3:09:17	3:40:36
47	23:45	46:59	1:09:42	1:34:04	2:00:53	2:29:35	3:02:04	3:38:04
48	25:50	51:10	1:16:17	1:43:03	2:10:30	2:36:29	3:06:47	3:38:02
49	25:50	51:10	1:16:18	1:43:03	2:10:34	2:36:29	3:06:47	3:38:02
50	26:29	53:40	1:20:40	1:49:16	2:18:40	2:45:14	3:12:49	3:42:10
51	26:20	51:54	1:16:27	1:42:08	2:09:26	2:36:32	3:08:21	3:40:46
52	27:50	52:30	1:17:45	1:44:02	2:10:47	2:40:02	3:11:09	3:42:12
53	25:50	49:56	1:15:30	1:42:49	2:11:52	2:40:50	3:14:15	3:51:30
54	24:45	49:28	1:14:02	1:42:29	2:14:20	2:47:55	3:26:22	3:59:22
55	29:26	58:58	1:28:01	1:58:28	2:30:55	3:02:03	3:34:15	4:06:00
56	29:12	58:48	1:27:39	1:58:52	2:32:50	3:03:05	3:36:31	4:10:45
57	28:45	57:48	1:27:01	1:56:21	2:27:55	3:01:05	3:35:01	4:10:10
58	29:26	59:14	1:28:38	1:59:52	2:32:32	3:05:10	3:42:40	4:21:17
59	27:30	56:56	1:26:22	1:58:00	2:32:20	3:06:12	3:42:40	4:21:18
60	26:59	52:56	1:17:54	1:44:40	2:16:25	2:51:05	3:34:40	4:17:24
61	36:25	73:13	1:49:20	2:26:50	3:04:38		4:21:18	5:02:30
62	36:25	73:13	1:49:25	2:26:51	3:04:56		4:22:57	5:05:50
63	35:28	71:11	1:47:12	2:24:28	3:04:48		4:24:45	5:12:35
64	35:28	71:11	1:47:12	2:24:28	3:04:48		4:24:45	5:12:35

NOTES: 29th Annual Heart of America Marathon October 9, 1988

Perfect weather with temperature at 48 to 51 degrees, 100% cloud cover, modest winds out of the north, 96% humidity.

The 18 mile split as shown above is the adjusted reading and probably accurate within 10 seconds or so. The times called out during the race were called some 250 yards short of the 18 mile point.

One Runner's Perspective on the AAU Jr. Olympics National Track & Field Meet

Angela Hessler

The personal experience I gained from the National Junior Olympic meet was one of great value. Although I did not come home with a medal or a personal best time, I received an image of organization and great support from my participation in this meet. I found Nationals to be one of the most successful and fantastic activities ever planned for youths in the United States.

The most important aspect of this competition was its high number of outstanding performances. It was full of athletes with great expectations and supporters with many words of encouragement. Most of all, this meet was a symbol of our country's strength and security.

Compared to the National meet I attended and ran in two years ago, the basic quality of the AAU National Championships has improved a great deal. In 1986, the announcing was not as good as you might expect, and the races were held up to almost two hours late. This year, I could hardly find one fault with the meet when I was there.

I hope that many more CTC Colts members work their way to the AAU National meet. We have a sturdy program with many excellent athletes. Many of them are capable of performing to their limits to gain the same valuable experience as I did through the National Championships.

OVERALL RESULTS BY PLACE
MALE DIVISION

- 7 -

Mo. Heart Inst. 8-k

PLACE	LAST NAME	FIRST NAME	COM#	AGE	RESULTS
001	CARNEY	MIKE	118	25	00:23:38
002	GRAY	CHARLIE	163	34	00:23:40
003	LEUCHTMANN	JOE	42	23	00:24:07
004	LARSON	DAN	143	33	00:24:10
005	S. FISHER	STEVE	97	31	00:24:46
006	LANG	KENT	122	26	00:25:18
007	HARRIS	DAVE	22	27	00:25:19
008	MITTELHAUSER	JEFF	38	31	00:25:30
009	HICKMAN	LULLEL	110	26	00:25:32
010	RORER	ERIC	47	26	00:25:33
011	THOMAS	JOE	111	23	00:25:35
012	CRANDALL	CRAIG	117	24	00:26:06
013	MITTELSTADT	SCOTT	164	25	00:26:25
014	JOHANNING	GARY	51	37	00:26:53
015	BURTON	BRAD	127	29	00:27:06
016	FOSTER	SCOTT	43	31	00:27:22
017	MARSHALL	JIM	159	30	00:27:24
018	VOLEK	MARK	73	33	00:27:27
019	BAKO	ALAN	103	30	00:27:46
020	BLITZ	JIMMY	104	28	00:27:52
021	WRIGHT	DOUG	131	29	00:28:24
022	LINSENBARDT	STEVE	82	25	00:28:28
023	HOSLER	MARK	79	41	00:28:29
024	COON	TOM	107	33	00:28:34
025	HARRE	DEAN	133	21	00:28:37
026	O'CONNELL	BOB	152	39	00:28:41
027	STEBBINS	NORMAN E.	151	42	00:28:42
028	GLASS	GERALD	128	50	00:28:47
029	KOFFMAN	JOHN	28	33	00:29:01
030	SCHRAG	JOE	109	49	00:29:02
031	PARKER	DAVID L.	15	42	00:29:06
032	ROSE	SIMON	25	23	00:29:12
033	GROUWS	MICHAEL	96	22	00:29:16
034	BRANDS	BILL	32	52	00:29:21
035	GEORGE	STEVEN	18	23	00:29:37
036	HESSLER	DICK	45	47	00:29:41
037	HICKMAN	MICHAEL	52	22	00:29:58
038	NELMS	BENJAMIN	60	18	00:29:59
039	BAKER	MIKE	121	38	00:30:12
040	TURNBOUGH	ROGER	58	31	00:30:34
041	ALLEN	TOM	24	46	00:30:35
042	BOYLE	DAVID	132	29	00:30:38
043	LINN	PATRICK	56	21	00:30:41
044	MORGAN	RONALD B.	92	29	00:30:43
045	WALTHER	MICHAEL	77	30	00:30:49
046	SHOEMAKER	BOB	78	37	00:31:14
047	SMITH	JEFFREY	160	21	00:31:24
048	SCHOLES	MARC	30	37	00:31:29
049	WARE	DAVE	74	30	00:31:53
050	KRATOCHVIL	CHARLES P.	63	35	00:31:59
051	WIEMAN	RICHARD	101	38	00:32:00
052	KAYLEN	MICHAEL	16	33	00:32:05
053	HICKS	WHITNEY	165	53	00:32:08
054	GIUDICI	MIKE	135	35	00:32:15

OVERALL RESULTS BY PLACE
MALE DIVISION

PLACE	LAST NAME	FIRST NAME	COM#	AGE	RESULTS
055	PREDDY	LEWIS	88	20	00:32:27
056	CONYERS	JEFF	68	35	00:32:56
057	WILSON	MARK A.	44	26	00:32:56
058	SOHN	DAN	70	39	00:33:19
059	JOHNSON	DON	4	60	00:33:21
060	SCHUPPAN	DAN	12	43	00:33:31
061	SCHWALIE	TOM	89	22	00:33:32
062	MASON	DEWAYNE A.	21	40	00:33:49
063	GIERINGER	CHUCK	59	40	00:33:49
064	HAWS	WILLIAM E.	6	41	00:33:58
065	MCAREAVY	THOMAS E.	55	26	00:34:14
066	BREDEHOEFT	KEITH	53	20	00:34:16
067	GARZA	MIKE	161	30	00:34:18
068	BARKSDALE	TIMOTHY R.	90	36	00:34:25
069	WHITE	EDWARD	93	40	00:34:27
070	BOEHM	RANDALL G.	7	35	00:34:28
071	KRAFT	JIM	136	23	00:34:34
072	DUNCAN	JOE	80	54	00:34:43
073	BOHON	RICHARD S.	148	37	00:34:44
074	LECHMAN	BRADLEY C.	11	36	00:34:55
075	ROBINSON	JOHN	147	40	00:34:55
076	KUHNERT	MARK	66	27	00:34:58
077	KASMAN	BILL	94	35	00:35:03
078	PREWITT	MICHAEL	150	38	00:35:05
079	CATALANO	KEVIN	86	37	00:35:10
080	KRUEGER	KEITH	83	39	00:35:16
081	ELLIS	SCOTT E.	31	26	00:35:18
082	MARKS	JOE	116	51	00:35:32
083	LORENZ	BOB	112	37	00:35:46
084	SCOTT	JIM	154	34	00:35:47
085	MCCUNE	ALAN	134	28	00:35:51
086	COLVIN	MIKE	33	40	00:36:09
087	HENZEL	JOHN	149	48	00:36:12
088	COUDRON	TOM	2	36	00:36:16
089	KRUSE	NORRIS	84	52	00:36:21
090	SHULTZ	BOB	64	34	00:36:36
091	SCHNEIDER	BILL	166	51	00:36:41
092	ACKERT	TIMOTHY C.	85	25	00:36:58
093	ZUCCARO	JOSEPH A.	155	38	00:36:59
094	WALLACE	STEVE	1	31	00:37:08
095	LAROSE	PAUL	157	28	00:37:09
096	TOWNS	KEVIN M.	124	35	00:37:12
097	MORGAN	BILL	46	37	00:37:25
098	FLORA	DEAN B.	106	23	00:37:30
099	THOMAS	KERRY H.	35	29	00:37:38
100	MOODY	JAMES R.	50	39	00:37:41
101	GOLDMAN	MIKE	36	38	00:37:44
102	WEBER	GARY	67	26	00:38:00
103	HUMPHREYS	BOB	20	61	00:38:02
104	LUMPA	DALE	144	27	00:38:03
105	GERARD	STEVE	69	27	00:38:13
106	RIPPEO	TOM	17	44	00:38:14
107	PATTERSON	MARV	115	53	00:38:23
108	GROUWS	DAVID	95	23	00:38:32

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OVERALL RESULTS BY PLACE
MALE DIVISION

PLACE	LAST NAME	FIRST NAME	COM#	AGE	RESULTS
109	VOETBERG	GARY	23	30	00:38:35
110	WOOD	PHIL	37	47	00:38:38
111	FISHER	JERRY B.	65	33	00:38:42
112	ENGEL	CLYDE A.	100	42	00:38:43
113	TELESZ	GEORGE	29	38	00:38:49
114	RENNER	ERIC	98	21	00:38:53
115	WILLIAMS	DON	168	39	00:38:55
116	LAMMY	MARC	162	33	00:39:02
117	RENNE	KEVIN	125	35	00:39:07
118	WEDDLE	STEPHEN	5	40	00:39:16
119	JUETTNER	FREDERICK	62	43	00:39:44
120	FREVERT	JOHNNY D.	140	39	00:39:47
121	WHITE	ROGER L.	123	28	00:40:00
122	GENTRY	JAMES K.	153	43	00:40:01
123	NICHOLS	RONALD LEE	99	31	00:40:09
124	BURNS	TIMOTHY	137	24	00:40:11
125	ROBB	TERRY	26	33	00:40:28
126	ZDOR	ROBERT E.	48	27	00:40:48
127	TURNER	SPENCER E.	141	48	00:41:26
128	STOLT	JOHN	156	53	00:41:31
129	SANDWITH	TOM	114	33	00:41:43
130	GIERINGER	PAUL	40	32	00:41:43
131	INDORANTE	SAM	129	34	00:41:56
132	HOLTON	W.A.	13	46	00:42:35
133	GIERINGER	HERMAN	39	67	00:43:02
134	COLLINS	DON	108	21	00:43:25
135	BARKSDALE	JOSHUA M.	91	9	00:43:26
136	HINSON	BRUCE M.	3	33	00:44:00
137	CUNNINGHAM	WILLIAM	81	37	00:44:03
138	RAUSCH	KENT	41	25	00:45:37
139	DALTON	JIM	139	36	00:46:03
140	NELSON	ANDREW	145	29	00:47:09
141	HARPET	JON W.	61	49	00:47:10
142	WOOLFORD	LYN	138	34	00:47:58
143	MORRISON	ROBERT	158	33	00:48:28
144	NOXON	LAWRENCE	10	57	00:48:33
145	BANNING	STEVE	169	25	00:48:48
146	WILSON	THOMAS P.	130	34	00:48:59
147	YARDLEY	GEORGE S.	27	35	00:48:59
148	VAN DEN BERGHE	DON	72	45	00:54:29
149	HENLEY	ALBERT L.	75	66	00:56:40
150	KLEMENT	JON M.	14	47	00:56:58
151	BARNES	MICHAEL	102	30	00:59:31
152	WHITENER	JOSH	76	7	01:02:55
153	L'HOTE	LAWRENCE	71	0	01:04:04
154	SCHULTHEIS	BILL	34	55	01:04:31

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Missouri Heart
Institute 8-k

OVERALL RESULTS BY PLACE
FEMALE DIVISION

PLACE	LAST NAME	FIRST NAME	COM#	AGE	RESULTS
01	MCFADDEN	MICHELE A.	20	28	00:29:10
02	BULMAN	LIZ	91	29	00:29:48
03	RUSSELL	LYNN	51	26	00:30:07
04	JOHNS	AMY	79	27	00:30:46
05	WILSON	SUSAN	44	40	00:32:41
06	RUPP	JOHNNIE	3	29	00:32:47
07	BOHON	BETTY	76	37	00:32:54
08	BRANDT	DIANA LYNN	6	24	00:33:00
09	DUNAFON	SANDY	88	41	00:33:15
10	LILLEY	JANET	95	30	00:33:21
11	MERCER	ELAINE	90	30	00:33:28
12	KRETLOW	LINDA S.	17	27	00:33:32
13	SMITH	LORI	92	27	00:34:36
14	LORENZ	BECKY	74	29	00:35:44
15	KAYLEN	ANNE	9	32	00:36:16
16	SIEFERT-WADE	DIANE	13	33	00:36:25
17	ROSS	PATTI	19	35	00:36:43
18	COGSWELL	ANDRIA	89	24	00:37:51
19	BAUMGARTNER	PATTY	86	47	00:38:37
20	ROBERTS	NANCY STOY	8	35	00:38:38
21	BALES	BETH	18	36	00:39:41
22	COTT	CHRIS	30	34	00:40:26
23	WADE	DEB	56	35	00:40:30
24	FRITSCH	NANCY	26	49	00:40:35
25	BANERJI	SHEELA	23	22	00:40:49
26	SCHNEIDER	GAYLE	84	25	00:41:55
27	HARGROVE	TERRY M.	12	31	00:42:06
28	LENKNER	LOIS	27	26	00:42:07
29	IMHOFF	GLENDA	29	35	00:42:11
30	HERTWIG	PAULA	52	37	00:42:45
31	GONZALEZ	GEORGINA	5	50	00:42:51
32	TWILLMAN	JEANELLE	4	56	00:43:19
33	WESSLER	SUSAN	10	36	00:43:30
34	ALLEN	REBECCA	73	24	00:43:33
35	LOGAN	SALLY	11	36	00:43:37
36	CUNNINGHAM	ANN	45	32	00:44:18
37	WOODYARD	JULIA	70	28	00:44:19
38	FALLON	RHONDA	87	38	00:44:31
39	HONEYWELL	KRISTI	80	23	00:45:01
40	ACKERT	JAYNE M.	47	26	00:45:08
41	LAMB	JANET	33	31	00:45:09
42	STROBLE	KATE	72	31	00:45:10
43	ELFRINK	MELANIE E.	65	27	00:45:47
44	LONDREE	DARLENE	82	51	00:46:02
45	THOMAS	DESTINY	15	11	00:46:09
46	WILDER	BARBARA A.	71	26	00:46:16
47	LARSON	SHARON J.	99	41	00:46:21
48	WELLS	LISA	24	25	00:47:01
49	MULVANEY	SHELLEY	32	34	00:47:33
50	WEFELMEYER	CLARE ANN	94	21	00:48:13
51	WELLS	ALLISON	93	20	00:48:33
52	NIEHOUSE	JENNIFER	46	21	00:48:34
53	BANGS	VICKIE	67	37	00:48:43
54	GILL	MAXINE	96	39	00:50:21
55	ROWLAND	PAT	28	53	00:51:45
56	RAUSCH	TINA	14	26	00:51:46
57	HARRISON	CHRISTINE	38	24	00:53:18
58	SPALDING	DIANE	34	37	00:53:23
59	WOODS	ANDREA	50	42	00:53:24
60	DAVID	DEBRA L.	53	35	00:53:58
61	MANSON	MELINDA	85	23	00:53:59
62	BARKSDALE	HEATHER M.	55	12	00:53:59
63	THOMAS	CINDY A.	16	28	00:54:11
64	WARE	BARBARA H.	40	32	00:56:39
65	GUZY	BETTIE	2	61	00:57:01
66	LINHARDT	TAMMY	59	24	00:57:30
67	DIGGINS	PAULA	58	37	00:57:59
68	WILLENBRINK	DEBRA	61	31	00:58:11
69	WILSON	GERALDINE	1	49	00:58:25
70	VAN DEN BERGHE	DEBORAH	36	21	01:00:32
71	VAN DEN BERGHE	LINDA	37	43	01:00:51
72	TE	ROSE	22	37	01:02:04
73	HAMILTON	KAREN	21	37	01:02:05
74	BOBBITT	PEG	35	0	01:03:17
75	WILSON	GINGER	64	21	01:04:16
76	BORGMEYER	LINDA L.	41	35	01:04:21
77	GILL	LIBBY	97	59	01:04:36
78	HYDE	SALLY	54	34	01:04:37
79	STOVER	PAM	25	34	01:07:02
80	LONG	ROSIE	43	57	01:07:22
81	WHITE	FLOSSY	57	35	01:08:35
82	HEIFNER	DEBBIE	78	30	01:11:27
83	JOHNSON	CATHY	77	26	01:11:27
84	CLAMAN	MICHELE	98	27	01:11:29
85	ALLEN	JAN	69	37	01:11:35
86	SMITH	DEBORAH	68	38	01:11:36
87	ROBISON	BRENDA	63	34	01:11:39
88	LEE	LINDA	62	36	01:11:53
89	THORNTON	PAT	31	47	01:14:19
90	CHAVARRIA	JULIA	81	44	01:14:21
91	SHIELDS	DONNA	39	41	01:14:19
92	REXROTH	LINDA	60	35	01:14:21

Missouri
Heart
Institute
8k

Females

MISSOURI HEART INSTITUTE 8-K AGE & CATEGORY WINNERS

MALE

FEMALE

SPECIAL CATEGORIES

14 & UNDER

1. Joshua Barksdale 43:26
2. Josh Whitener 1:02:55

1. Destiny Thomas 46:09
2. Heather Barksdale 53:59

20 - 29

1. Kent Lang 25:18
2. Dave Harris 25:19
3. Lullel Hickman 25:32

1. Diana Brandt 33:00
2. Linda Kretlow 33:32
3. Lori Smith 34:36

30-39

1. Jeff Mittelhauser 25:30
2. Gary Johanning 26:53
3. Scott Foster 27:22

1. Betty Bohon 32:54
2. Elaine Mercer 33:28
3. Anne Kaylen 36:16

40-49

1. Joe Schrag 29:02
2. David Parker 29:06
3. Dick Hessler 29:41

1. Nancy Fritsch 40:35
2. Andrea Woods 53:24
3. Geraldine Wilson 58:25

50-59

1. Bill Brands 29:21
2. Whitney Hicks 32:08

1. Georgina Gonzalez 42:51
2. Jeanelle Twillman 43:19
3. Darlene Londeree 46:02

60 & OVER

1. Don Johnson 33:21
2. Bob Humphreys 38:02
3. Herman Gieringer 43:02

1. Betty Guzy 57:01

Cat.	MALE	FEMALE
0	Charlie Gray	Liz Bulman
15	Mark Hosler	G. Gonzalez
16	Jeff Mittelhauser	Chris Cott
17	—	Linda Kretlow
18	Mike Carney	Lisa Wells
19	Mark Volek	Becky Lorenz
20	Tom McAreavy	—
21	—	Barbara Wilder
22	—	—
23	—	A. Cunningham
24	Bob Shultz	—
25	Randall Boehm	—
26	Richard Wieman	—
27	—	—
28	Dale Lumpa	Elaine Mercer
29	Brad Burton	Rebecca Allen
30	Don Collins	—
31	Joe Duncan	—
32	—	—
33	Mark Wilson	—
34	—	—
35	Norris Kruse	—

Cat. MALE FEMALE

- 36 Jim Marshall —
- 37 Dick Hessler —
- 38 Gerald Glass —
- 39 — Betty Bohon
- 40 — —
- 41 Joe Leuchtmann Terry Hargrove
- 42 Dave Harris Patti Ross

Cat. MALE FEMALE

- 43 Bill Kasman Anne Kaylen
- 44 Steve S. Fisher Andrea Woods
- 45 — —
- 46 M. Grouws M. McFadden
- 47 Bob Shoemaker —
- 48 Craig Crandall Sheela Banerji
- 49 S. Linsenbardt Deb Wade

Cat. MALE FEMALE

- 50 — —
- 51 Alan Bako D. S.-Wade
- 52 Jimmy Blitz —
- 53 Steven George J. Woodyard
- 54 — Jayne Ackert
- 55 Jon Harpert —

7TH ANNUAL SOYBEAN RUN ORDER OF FINISH

NAME	AGE	SEX	TIME	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92
Dennis Stewart	39	M	21:54.8	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92
John Williams	20	M	23:15.2	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	
Ted Rackers	36	M	23:52.8	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92		
Tony Evanowski	4	M	23:58.5	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92			
Richard Huse	42	M	24:41.3	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92				
Tracy Smith	19	M	25:05.9	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92					
Mike Bunge	33	M	25:10.6	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92						
Jim Bliss	47	M	25:12.5	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92							
Doug Sims	37	M	25:16.7	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92								
Mike Rackers	23	M	25:45.1	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92									
Bruce Boyes	11	M	25:51.4	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92										
Mike Green	44	M	25:51.7	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92											
Gus Lewton	32	M	25:52.5	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92												
Dennis McDewitt	45	M	25:52.8	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92													
Terry Richardson	40	M	25:55.2	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92														
Mike Robbins	48	M	25:57.4	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92															
Steve Jenkins	27	M	26:15.9	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																
James S. Johnson	37	M	26:42	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																	
Tad Powell	34	M	26:43.7	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																		
Bill Frazee	34	M	26:43.8	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																			
Tim Page	34	M	26:47.3	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																				
Angela Zook	30	F	26:56	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																					
Jim Guthrie	19	M	27:07.8	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																						
Steve Wright	35	M	27:08.6	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																							
Mark Stuart	41	M	27:13.6	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																								
Bill Gerling	44	M	27:17	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																									
Dave Buersmeyer	33	M	27:46	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																										
Thomas Hinojosa	13	M	27:46.5	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92																											
Scott Kane	22	M	27:54.1	79	80	81	82	83	84	85	86	87	88	89	90	91	92																												
Tom Nielsen	17	M	27:54.4	80	81	82	83	84	85	86	87	88	89	90	91	92																													
Tom Critchlow	41	M	27:55.3	81	82	83	84	85	86	87	88	89	90	91	92																														
Clint Barnett	14	M	27:57.5	82	83	84	85	86	87	88	89	90	91	92																															
Tim Jesse	31	M	27:58.8	83	84	85	86	87	88	89	90	91	92																																
Connie Cole	39	F	28:04	84	85	86	87	88	89	90	91	92																																	
Michael Schneider	11	M	28:06.9	85	86	87	88	89	90	91	92																																		
David Plummer	43	M	28:09.9	86	87	88	89	90	91	92																																			
Ken McSwain	47	M	28:16.4	87	88	89	90	91	92																																				
Ed Bordeleau	32	M	28:42.4	88	89	90	91	92																																					
Ray Simmons	39	M	28:47.2	89	90	91	92																																						
Doug Drown	46	M	29:04.8	90	91	92																																							
Jim Kropf	41	M	29:05	91	92																																								
Wayne Schneider	44	M	29:09.6	92																																									
Kenneth Evans	46	M	29:14.1																																										
Marty Judlowe	43	M	29:52																																										
Heidi Schneider	13	F	29:57.1																																										
George Jesse	44	M	30:00																																										
Ken Bryant	40	M	30:11.1																																										
Rod Veit	48	M	30:43.5																																										
James Smith	34	M	30:49.9																																										
Yoon Yong	43	M	30:51.1																																										
Bob Shaw	60	M	31:00	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92
Greg Johnson	26	M	31:46	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	
Guy Lanphere	38	M	31:54.3	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92		
Gary Fennwald	37	M	31:54.4	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92			
John Mueller	45	M	31:54.9	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92				
Bob Smith	53	M	32:02.5	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92					
Curt Cearley	36	M	32:43	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92						
Beth Auchly	17	F	32:45.9	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92							
Jason Doerge	11	M	32:51.2	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92								
Richard Watson	52	M	32:59.1	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92									
Les Meine	56	M	33:05.7	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92										
Richard Sporleder	49	M	33:11.1	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92											
Sally Hoitkamp	34	F	33:13.3	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92												
Charles Lind	41	M	33:54.9	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91</														

SCHEDULE OF EVENTS

Columbia Race Calendar

Oct. 30, Sun., 1:00pm. Missouri Turkey Trot, 3-mile Cross-Country Run. Triangular meet with St. Louis Track Club and Jeff. City Striders. Shaw Park, St. Louis (See page 3). Team bus leaves Hickman at 9:00am.

Nov. 6, Sun., 2:00pm. Steve Helmick Memorial 5-K and 10-K Road Run. Route ZZ course; Start at Holiday Inn Executive Center. AWARDS. RACE DIRECTOR:_____.

Dec. 10, Sat. 9:00 am. Cheese & Sauerkraut 10-mile road run. Route ZZ at cinder pile (1.5 miles west of Holiday Inn Executive Center). RACE DIRECTOR:_____.

Regional Calendar

Oct. 29, Sat. 12:00 noon. Washington U. Open 8-K Cross-Country Meet. Forest Park, St. Louis. (314) 968-201

Oct. 30, Sun. Prime Health Kansas City Marathon and 10K. Call or write Betsy Titterington, 2018 West 48 St., Westwood, KS 66205. (913) 362-7723.

Nov. 5, Sat. 9:30 am. Celebrate Life 10K Run/Walk. Whiteman Air Force Base, Knob Noster, MO. Contact T. Coon (442-2891) for entry form. Also available from Julie Stewart, (816) 747-2426.

Nov. 5, Sat. 10:00am. State High School Cross Country Meet. Hough Park, Jefferson City. COME TO WATCH & CHEER & HELP! An informal run will follow the meet.

Nov. 6, Sun. 8:30am. Keefer's 10K road run (2.2 mile fun run at 8:00). Webster Groves, MO. Entry fee \$6.00 by Nov. 3. Keefer's Sporting Foot. 8136 Big Bend, Webster Groves, MO 63119 (314) 961-7001.

Nov. 12, Sat. Maynard Cohick Half-Marathon. Springfield.

Nov. 19, Sat. 9:00am. Run for the Third 8-K. Sedalia.

Nov. 20, Sun. 8:00 am. St. Louis Marathon. Forest Park. SLTC, 6611 Clayton Rd., Suite 200, St. Louis, MO 63117; (314) 862-SLTC.

Nov. 26, Sat. 10:00am. Coors Great River 10 mile Road Run, Alton, IL. 457 Sullivan, East Alton, IL 62024. Entry fee: \$7.00 before Nov. 20th, \$10 thereafter.

Nov. 27, Sun. 9:00am. Fenton Ride & Stride (10 miles bike/run relay). Fenton City Park, \$16 entry/team, Cheap Thrills Biathlon Series, PO Box 83, Fenton, MO 63026-0083. (others on Nov. 13 & Dec. 11).

Dec. 11, Sun. SLTC Marathon Relay, Forest Park, St. Louis. 862-SLTC.

Dec. 18, Sun. SLTC ULTRA 50K/60K. Forest Park, St. Louis. 862-SLTC.

	ANNUAL DUES	
Columbia Track Club:	Families:	\$10.00
	Sustaining Member:	25.00
	Single Students:	6.00
	New Members:	5.00
	Newsletter only:	3.00

All Donations to CTC are Tax-Deductible

The CTC Newsletter is an open forum to anyone, published monthly. We solicit articles, race results, comments, suggestions, etc. Any submitted item must be typewritten and turned in by the 15th of the month. Send article or news on your out-of-town race results to Tom Coon (442-2891), PO Box 10237, Columbia, MO 65205.

PLEASE offer to help with the administration of any race in which you will not be a participant. Remember – these events don't just happen.

COLUMBIA TRACK CLUB
P.O. Box 10237
Columbia, MO 65205

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COLUMBIA, MO

TO:

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203