

Columbia Track Club News

Volume XXIV Number 8

December 1992

CTC briefs

Annual meeting

The annual meeting of the CTC will be held at 7 p.m. Jan. 20 in the basement of the Farm and Home Savings building at Eighth and Broadway. Nominations for the three board openings will be taken and voted on at that time. Afterward, we will have a get-together at Shakespeare's to welcome Joe Marks back from Australia.

Safety first

Body Alarms, a running safety device designed primarily for women but useful to all, have been made available to our club for \$25 each. Regularly \$45, this device emits a shrill, whistling sound when triggered and draws quite a bit of attention. If you have interest and want a demonstration, call Steve at 446-1707 or Jeff at 449-6673.

From the top

By Steve Stonecipher-Fisher
CTC President

Time has passed since our last newsletter, and several events have taken place. The Little Planet 6K was staged by Tim Barksdale and crew. Thanks for a job well done.

A cross-country race with the St. Louis Track Club was run in Blackburn Park, St. Louis. Seventeen CTC members went, and for the first time in 11 years our "open" team showed them we could run. (See results.) Next year, we need to inspire our women's group and masters group to come out and run. Thanks go to Dick Hessler for organizing the bus and Coach Wayne Armbrust for doing race entry paperwork so the rest of us could concentrate on racing.

The Steve Helmick 10K had 16 show up to run. Larry Petterborg held the reins for this run. Good participation relative to the last few years. At this point, however, this event has been discontinued for 1993 because of the decline in participants.

The St. Louis Marathon had good CTC involvement. The weather could have been better, but many of us know it could have been much worse. Tom Eckelman and his volunteer corps put on a class event and deserve applause.

Steve's training tip

Rather than a specific item, in this newsletter I am instead going to touch on a few general principles to live by. Most of us know these to be true, although we often forget to go by the rules.

First, the mile and the marathon have many more similarities than they have differences. Endurance is the primary requirement for both, and after the endurance is developed, speed training will allow you to cover the distance

more efficiently.

Second, training for all distances is similar. Only slight variations in speed training are needed to focus on one end of the spectrum or the other.

I have always found that by staying "centered" in my training approach (concentrating on 10K/10-mile training), I can always race throughout the distance spectrum and can shift to one end or the other in a short period just by varying my training mix a little.



Happy
Holidays!

CTC briefs

Jingle Bell Run

The Jingle Bell Run drew 300-plus to the streets of Columbia on Dec. 5. (See results.) A fast race despite the 20-degree temperature, and a real family event. Toby Freebourn of Columbia was the men's winner, and Lisa Stone of Columbia was the women's winner.

Many thanks to the CTC and University Hospital volunteers. One volunteer said she didn't feel like she was very useful; all she did was hold up a couple cars to let the runners through and she thought there would be more to it. Well, she did exactly what was needed and we shudder to think what could have occurred without her.

Our sympathies

A familiar face was missing from the Jingle Bell Run.

Joe Duncan lost a younger brother to cancer on Dec. 2. Our sympathies go out to Joe.

Just a reminder that we should make the time we have count for something, as Joe has. (For new members, Joe is one of the founding fathers of our club. He lit the torch we are carrying.)

Congrats

Paul Hoffman, ultra-runner and new CTC member, recently qualified for the Western States 100 at a race in Texas.

Letter from E. Joyce Schulte, Ed. S.

Greetings Steve and the Columbia Track Club,

What a marvelous Heart of America Marathon. . . . This club really knows how to keep good races going. And it is so exciting to see so many volunteering parts of the Labor Day to labor in this fashion.

As you know, you and I discussed portions of the scholarship that is under the auspices of the CTC. I also had the opportunity to talk with a few other members about this subject. I applaud bringing this subject to the annual meeting for fuller discussion.

I can easily see value in widening the criteria used in the selection process to include graduating seniors from area high schools. I would not limit that to Columbia, but would open it to South Boone County and Hallsville schools, too. I would require that students, in order to be eligible, participate on two levels within the CTC: to volunteer in track club events and as a runner/walker in club events. I would encourage a minimum grade-point average of 2.5 and would prefer a 3.0 GPA . . . for I think that would help to produce a more successful college student.

In terms of college students, I would open the criteria to include students preparing to be physical education teachers and include all the involvement with CTC as with high school grads . . . same as for exercise physiology majors. I wish there was some way to structure into the criteria something that speaks to "self-improvement" academically and/or track skills. . . . Any suggestions?

In terms of increasing the principle base, perhaps 25 cents or 50 cents could be assessed on all runners in all races, or added into dues . . . or corporate/friend donations could be sought. It may be that people need to know the fund is there and open to their gifts.

Thanks for your thoughts and considerations on this topic. . . . I believe it can become a strong piece of the CTC helping to continue club activities and assisting college students to better themselves. I wish you and the club well as you discuss and redesign the criteria.

Sincerely,

E. Joyce Schulte, Ed.S.

Audubon, IA

Steve Helmick 10K

Nov. 1

<u>Place/Name</u>	<u>Time</u>	<u>Place/Name</u>	<u>Time</u>
1. Bob Hook	34:03	11. Randy Gay	50:00
2. Mike Baker	38:04	12. Nancy Fritsch	56:14
3. Michael Kelty	38:19	13. Boots Gerhardt	1:04:14
4. Michele McFadden	40:14	14. Jon Kruse	1:05:24
5. Roger Turnbough	41:13		
6. Ronald Simon	41:14		
7. Jordan Metal	42:52		
8. John Bardash	46:22		
9. Steven Wright	47:39		
10. Donna Pavlick	48:58		

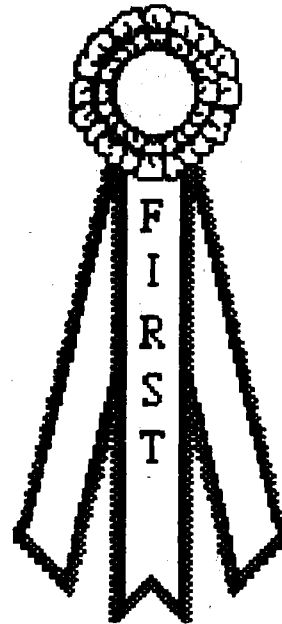
5K Cross-Country Race

vs. St. Louis Track Club

Nov. 8

CTC finishers

Larry Henze	16:12	Kevin O'Bannon	19:32
Steve Stonecipher-Fisher	16:21	Gayle Johnson	22:06
Bob Hook	16:25	Birgetta Hessler	24:42
Jim Heady	16:27	Don Waltman	25:21
Shanon Blakely	17:21	Elizabeth Gerhardt	32:35
Brandon Beissenherz	18:08		
Chris Chenoweth	18:29		
Michele McFadden	18:29		
Dick Hessler	18:52		
Jeff Borengasser	19:18		
Matt Dolloff	19:31		



New members and renewals for 1993

Welcome to new CTC members Frank Burks, Jim Heady, Bob Hook and Kathy Jilg, all of Columbia. In addition to these new memberships, the following folks have renewed their CTC memberships for 1993:

Martin Bauer, Randy Gay, Richard Hoft, Don Johnson, Michael Kelty, Jon Kruse, Michele McFadden, Bruce Neff and Christine Ruble.

Memberships dues for 1993 are now due -- \$10/year/household gets or keeps you in the Columbia Track Club. For those who realize what a great deal \$10 a year is and would feel better paying more, the CTC will accept \$25 for a sustaining membership. The extra money is appreciated and will go to good use.

Results

Cheese and Sauerkraut 10-Mile Race

Dec. 12

In the final CTC event of the year, Bob O'Connell was the fastest but not the most accurate. Bob predicted a time of 63 minutes, but he couldn't run that slow. He ran so much faster than his predicted time that he ended up in the middle of the Cheese and Sauerkraut standings.

The best predicted-time performance was that of Don Waltman, who was within two seconds of his predicted 1:25:00. Don drove home with a smile on his face and with the big cheese-and-fruit basket riding shotgun in the passenger seat. The second-place cheese-and-fruit basket went to Roger Turnbough and third went to Michael Kelty.

Patty Powers was the best of the bad when it came to predicting her time and received a big can of sauerkraut for being so out of touch with her body. Similar awards went to Boots Gerhardt and fastest female Donna Pavlick.

<u>Place/Name</u>	<u>Predicted</u>	<u>Actual</u>	<u>Difference</u>	<u>% Diff.</u>	<u>C&S Place</u>
1. Bob O'Connell	1:03:00	1:00:44	2:16	3.59	6
2. Michael Kelty	1:05:00	1:03:52	1:08	1.74	3*
3. Jamie Mondello	1:07:30	1:05:49	1:41	2.49	5
4. Roger Turnbough	1:06:00	1:06:47	:47	1.18	2*
5. Rick McAllister	1:13:00	1:14:27	1:27	1.98	4
6. Donna Pavlick	1:25:00	1:20:57	4:03	4.76	7**
7. Don Waltman	1:25:00	1:24:58	:02	.03	1*
8. Patty Powers	1:32:00	1:42:53	10:53	11.82	9**
9. Elizabeth Gerhart	1:42:30	1:49:01	6:31	5.38	8**

* Cheese winner

** Sauerkraut winner

1993 CTC Schedule of Events

(Note: All events of 10K or less are walking as well as running events)

Day/Date/Time	Event	Dist.	Fee	Race director(s)	Phone	Start location	Misc. info
Sun/1-20 2 p.m.	Couples run/walk (Individuals welcome)	5-M	\$3	Georgina Gonzales	449-8350	Strawn Road cinder pile	Co-ed team dinner, awards
Sat/2-6 9 a.m.	Nut race	5-K	\$3	Dick Hessler	874-2906	Reactor Park	Edible awards
Sat/3-13 8 a.m.	Col. Reg. Hosp. St. Pat's 5K	5-K	\$10	Curt Kempf	442-4823	Broadway & 7th	Long sleeve Tee, awards
Sat/3-27 8:30 a.m. 9 a.m.	15K run or walk	15-K	\$3	Joe Duncan	445-2684	Holiday Inn Executive Center	Walkers 8:30 a.m., runners 9 a.m.
Sat/4-3 9 a.m.	2-person relay altern. qtrs. (male, female, co-ed teams)	5-M	\$3	Mark Volek	874-0278 443-8081	Hickman track	Age grouped, awards
Sat/4-24 8 a.m.	GTE Human Race	10-K	\$10	Joe Duncan, Carolyn-Mike Little	445-2684 896-8686	Faurot Field	Tees, age grouped, team awards
Sun/5-16 2 p.m.	Spg. Cples. run/walk (individuals welcome)	5-M	\$3	Don Lewis	874-1034	Bethel Park	Co-ed team dinner, awards #
Sat/5-29 9 a.m.	15-K walk	15-K	None	Don Johnson	682-3583	Hickman track	
Wed/6-9 6 p.m.	Summer youth program		None	Tom Allen		Hickman track	##
Sat/8-7 7 a.m.	Great Sandbagger	10-K	\$3	Roger Tumbough	445-1225	West Broadway Swim Club	Awards, staggered start
Mon/9-6 6 a.m.	Heart of America Marathon	26.2-M	\$10	Joe Duncan	445-2684	Near Campus Inn	34th annual, Tees, awards
Sat/9-11 8 a.m.	X-Country Run for the Ducks	2-M	\$3	Joe Duncan	445-2684	Bethel Park	Prizes
Sat/9-18 5 p.m.	Boone Hospital Boone Baby Run	5-K	\$10	Rick Rother, Mark Volek	875-3876	Boone Hospital	Long-sleeve Tees, awards, entertainmt
Sat/10-2 7 a.m.	Runner's Choice	10/20-K	\$3	-----		Holiday Inn Executive Center	Equiv formula awards
Sun/11-7	CTC/SLTC/JCTC? Cross-country Run	3-M XC	\$3	Wayne Armbrust	445-6675	Lake of Woods Golf Course	Cross country team competition
Sat/12-4 8:30 a.m.	Jingle Bell Run	5-K	\$6	-----		University Hosp.	Awards
Sat/12-11 8:30 a.m. 9 a.m.	Cheese & Srkraut run/walk	10-M	\$3	Sam Van Maanen	449-7832	Strawn Road	Edible prizes, walkers 8:30 a.m., runners 9 a.m.

NOTE: Race directors are needed for the runner's choice event on Oct. 2 and the Jingle Bell Run on Dec. 4. Anyone interested in volunteering can call Steve Stonecipher-Fisher at 446-1707.

The CTC annual picnic will immediately follow this event. For details, see forthcoming CTC newsletters.

Summer youth program participants meet each Wednesday at 6 p.m., from mid-June through July. Running events, high jump, long jump, 1-mile fun run and competitive walks are included for youth program alumni, parents and others.

Late Addition: Sat/5-1 8 A.M. Law Enforcement Run 5K
 Race Director: Sgt. Eric Meyer 874-7422
 Entry Fee: \$13.00
 Starts on the East Side of Memorial Stadium

UNIVERSITY HOSPITAL JINGLE BELL RUN FOR ARTHRITIS

DECEMBER 5, 1992
MALE FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
1	Toby H. Freeburn	Columbia	61	24 N	15:46	5:05
2	Kent R. Lang	Seafolia	94	30 N	15:52	5:07
3	Patrick S. Williams	Columbia	51	30 N	16:15	5:09
4	Larry R. Henze	Columbia	121	28 N	16:15	5:15
5	Royce A. Handesly	Jefferson City	177	27 N	17:06	5:31
6	Michael J. Kelly	Columbia	224	34 N	17:45	5:44
7	Walt-Up Volek	Columbia	147	37 N	17:59	5:48
8	Dan P. Needelman	Columbia	166	31 N	18:00	5:48
9	Edward A. White	Columbia	150	44 N	18:03	5:49
10	BoJo Wilson	Columbia	189	30 N	18:06	5:50
11	Willy R. Helfrich	Jefferson City	189	30 N	18:10	5:52
12	Chris Chenoweth	Columbia	195	17 N	18:16	5:54
13	Gary Orinperff	Columbia	304	34 N	18:37	6:00
14	Curt A. Keupf	Columbia	10	28 N	18:38	6:01
15	Tom E. Baudensstiel	Columbia	222	23 N	18:47	6:04
16	Mark A. Wilson	Columbia	146	31 N	18:52	6:05
17	Roger H. Turneough	Columbia	157	35 N	19:19	6:14
18	David W. Bell	Fulton	83	26 N	19:19	6:14
19	Steven D. Montjoy	Columbia	90	38 N	19:32	6:18
20	Tom Collier	Columbia	33	41 N	19:36	6:19
21	Jeffery D. Brown	Columbia	234	41 N	19:49	6:24
22	Ben R. Londree	Columbia	141	58 N	19:50	6:24
23	Mark C. Miller	Merico	128	20 N	19:52	6:25
24	Christopheloidt	Jefferson City	36	34 N	20:12	6:31
25	Chuck G. Carl	Columbia	164	47 N	20:12	6:31
26	Thomas B. Allen	Columbia	89	50 N	20:16	6:32
27	Jack e. Needy	Columbia	246	28 N	20:18	6:33
28	Nike Hoerftamp	Jefferson City	248	31 N	20:28	6:36
29	Elmer D. Schlenger	Columbia	262	53 N	20:33	6:36
30	Virgil Davis	Columbia	175	34 N	20:44	6:41
31	Steven D. Wright	Parville	72	21 N	20:44	6:41
32	Ferry D. Williams	Columbia	156	48 N	20:51	6:44
33	Tom D. Smith	Columbia	139	29 N	20:53	6:44
34	Tony H. Altoto	Columbia	16	42 N	20:55	6:45
35	Richard A. Misteindix	Hartsburg	21	52 N	21:08	6:49
36	Matthew W. Tanner	Columbia	144	10 N	21:14	6:51
37	Kenneth R. Kanaan	Columbia	8	45 N	21:17	6:52
38	Michael W. Prewitt	Columbia	115	42 N	21:30	6:56
39	Bill J. Kasanan	Columbia	235	39 N	21:33	6:57
40	Richard E. Fish	Columbia	32	42 N	21:34	6:57
41	Tia Rooney	Columbia	79	42 N	21:42	7:00
42	Gary J. Fennevald	Columbia	46	41 N	21:57	7:05
43	Garry L. Staeper	Columbia	86	36 N	22:05	7:07
44	Ron G. Wein	Columbia	133	34 N	22:21	7:13
45	Bryan D. Watson	Columbia	120	22 N	22:21	7:13
46	Nike Wingerpernhale	Columbia	303	19 N	22:22	7:13
47	Randy O. Gay	Columbia	7	38 N	22:25	7:14

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DECEMBER 5, 1992
MALE FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
48	Peter J. McDonald	Columbia	88	44 N	22:26	7:14
49	Chris L. Patton	Columbia	17	10 N	22:29	7:15
50	John L. Patton	Columbia	18	40 N	22:30	7:15
51	Walter S. Barfen	Merico	110	20 N	22:39	7:18
52	Ed V. Brane	Columbia	188	37 N	22:41	7:19
53	Chuck J. Gieringer	Salisbury	58	44 N	22:50	7:22
54	Marin Childers	Columbia	264	34 N	22:53	7:23
55	Bon Walton	Columbia	39	57 N	23:42	7:26
56	Bon R. Whitner	Columbia	74	49 N	23:47	7:31
57	Gary S. Heery	Columbia	237	22 N	23:19	7:31
58	Larry L. Walters	Columbia	19	33 N	23:20	7:32
59	Chris D. Zill	Columbia	65	26 N	23:27	7:34
60	Bill J. Schneider	Columbia	198	56 N	23:33	7:36
61	Theo R. Barstale	Columbia	194	40 N	24:18	7:50
62	Kelly R. Hersey	Columbia	249	32 N	24:19	7:51
63	Kevin Anderson	Columbia	57	42 N	24:30	7:54
64	Thomas Highland	Columbia	112	45 N	24:47	8:00
65	Bonglas Smith	Asland	59	32 N	24:52	8:01
66	Walter Schroeder	Columbia	136	58 N	25:05	8:05
67	Barren Wallis	Columbia	13	22 N	25:20	8:10
68	Kevin W. Renee	Columbia	38	33 N	25:29	8:13
69	Richard J. Otto	Columbia	117	43 N	25:37	8:15
70	Scott Foster	Columbia	167	35 N	25:52	8:21
71	Kath S. Foster	Columbia	169	9 N	25:53	8:21
72	Jerry D. Kennett	Columbia	170	44 N	26:01	8:24
73	Grant J. Sheostat	Columbia	240	22 N	26:17	8:29
74	Patrick J. Brennan	Columbia	273	29 N	26:32	8:34
75	Casey Highland	Columbia	111	11 N	26:45	8:38
76	Matthew L. Reistie	Columbia	258	28 N	27:16	8:48
77	Matthew L. Reistie	Columbia	135	28 N	27:43	8:56
78	Jie A. Balser	Columbia	130	54 N	27:44	8:57
79	Joe Montpoerly	Columbia	233	40 N	27:54	9:00
80	James B. Rucktsan	Columbia	159	32 N	28:15	9:07
81	Bill Book	Columbia	214	38 N	28:31	9:12
82	Jie Chart	Columbia	113	54 N	28:40	9:15
83	Joe Krase	Columbia	119	25 N	28:52	9:19
84	Lactano Alfoto	Columbia	104	9 N	29:36	9:33
85	Josh R. Boehn	Columbia	165	39 N	29:48	9:37
86	Dandy G. Boehn	Columbia	180	40 N	29:48	9:37
87	Keith A. Gauglino	Columbia	97	43 N	30:03	9:42
88	P. David Johnson	Merico	5	56 N	30:04	9:42
89	David P. Fox	Merico	5	56 N	30:58	9:59
90	Jerry Tritty	Columbia	62	43 N	31:01	10:00
91	Bryan Topash	Columbia	62	23 N	31:12	10:04
92	Zachary T. Cartwright	Columbia	123	40 N	31:18	10:06
93	Martin T. Karl	Columbia	192	35 N	31:34	10:11
94	Barry L. Halferty	Columbia	101	13 N	33:26	10:47

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
95	Craig Miller	Burrnsburg	100	22 N	34:00	10:55
96	Tom P. Benn	Columbia	286	28 N	35:00	11:30
97	Urban Theberge	Columbia	287	25 N	36:06	11:50
98	Teron H. Wise	Columbia	186	10 N	37:24	12:00
99	Joe Craigie	Columbia	100	64 N	38:54	12:30
100	Gregg A. Grote	Columbia	35	27 N	39:13	12:30
101	John W. Mattis	Columbia	34	40 N	41:33	13:20
102	Bill N. Tait	Columbia	114	77 N	43:10	13:50
103	Tim P. Beilly	Columbia	271	21 N	45:52	14:40
104	Bill Powers	Columbia	256	10 N	47:29	15:10
105	Patrick L. Kopine	Columbia	225	9 N	47:59	15:20
106	Jonathan Abbott	Asland	201	9 N	48:08	15:20
107	Banell R. Ashley	Columbia	42	18 N	49:24	15:50
108	Greg J. Reemer	Columbia	283	41 N	50:19	16:10

100
TOTAL MALE FINISHERS

UNIVERSITY HOSPITAL JINGLE BELL RUN FOR ARTHRITIS

DECEMBER 5, 1992
MALE FINISHERS

UNIVERSITY HOSPITAL JINGLE BELL RUN FOR ARTHRITIS

NOVEMBER 5, 1992
FEMALE FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PAGE/ MILE
1	Lisa B. Stone	Columbia	73	24 F	19:11	6:11
2	Lisa K. Newby	Columbia	245	24 F	21:02	6:47
3	Sylvia Johnson	Columbia	280	43 F	21:05	6:48
4	Phyllis H. Kopp	Columbia	96	37 F	22:43	7:20
5	Danielle Dees	Columbia	99	20 F	23:05	7:27
6	Debbie L. Weiler	Columbia	23	35 F	24:02	7:45
7	Patricia Moss	Columbia	126	39 F	24:14	7:50
8	Christina Morlan	Columbia	138	31 F	24:43	7:58
9	Amy E. Hally	Columbia	25	19 F	24:50	8:01
10	Lisa M. Wells	Columbia	95	29 F	24:50	8:01
11	Ann R. Beasley	Columbia	183	36 F	25:00	8:04
12	Linda G. Price	Columbia	12	48 F	25:08	8:06
13	Michelle Chambers	Columbia	12	48 F	25:08	8:06
14	Debra L. Atwell	Columbia	151	19 F	25:09	8:07
15	Cathy C. Cartwright	Columbia	124	41 F	25:15	8:09
16	Chaille B. Wise	Columbia	185	14 F	25:36	8:15
17	Perr L. Mckean	Columbia	71	32 F	25:55	8:22
18	Mary S. Lower	Columbia	179	37 F	26:01	8:24
19	Patty Powers	Columbia	255	41 F	26:24	8:31
20	Honey Fritsch	Columbia	143	53 F	26:56	8:41
21	Victi B. Tolbert	Columbia	45	46 F	27:22	8:50
22	Karen E. Herrick	Columbia	78	31 F	27:33	8:50
23	Georgette Geer-Salt	Columbia	153	35 F	27:49	8:58
24	Patti G. Coffell	Columbia	176	32 F	27:49	8:58
25	Kimberly Scolicott	Columbia	212	27 F	27:57	9:01
26	Marla K. Fink	Columbia	163	20 F	28:11	9:05
27	Narsha A. Coleman	Rockport	23	39 F	28:18	9:08
28	Brenda M. Robinson	Columbia	217	41 F	28:23	9:09
29	Amy Freshwater	Columbia	213	41 F	28:31	9:12
30	Katheryn MacKarell	Jefferson City	199	22 F	28:46	9:17
31	Kelley M. Bolten	Columbia	200	20 F	28:46	9:17
32	Jane M. Cooper	Columbia	223	37 F	29:07	9:24
33	Shana L. Jacobs	Columbia	247	22 F	29:15	9:26
34	Teresa M. Knight	Columbia	49	34 F	29:17	9:27
35	Nelissa A. Pagan	Columbia	267	13 F	29:19	9:27
36	Margaret Chogan	Columbia	41	40 F	29:31	9:31
37	Barbara Lunderer	Columbia	142	55 F	29:49	9:37
38	Early S. Meyers	Columbia	259	42 F	29:50	9:37
39	Amy Bonner	Columbia	272	21 F	29:50	9:37
40	Lris M. Hazzard	Columbia	274	22 F	29:56	9:39
41	Marlene A. Alloto	Columbia	14	39 F	30:01	9:41
42	Leona L. Lubbert	Columbia	48	31 F	30:09	9:44
43	Conara L. Bunn	Columbia	181	36 F	30:10	9:44
44	Hannah P. Johnson	Columbia	98	9 F	30:13	9:45
45	Beth A. Johnson	Columbia	230	21 F	30:32	9:51
46	Carole L. Belgay	Columbia	56	47 F	30:43	9:55
47	Rebecca M. Goodrick	Columbia	174	32 F	30:45	9:55

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NOVEMBER 5, 1992
FEMALE FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PAGE/ MILE
48	Julie Clark-Halters	Columbia	20	29 F	30:57	9:59
49	Ellisbeth Tawer	Columbia	145	7 F	31:10	10:03
50	Patricia Smith	Columbia	64	27 F	31:11	10:04
51	Brenda J. Almer	Columbia	75	36 F	31:17	10:05
52	Janet A. Link	Columbia	216	38 F	31:22	10:07
53	Rebecca J. Frasier	Columbia	162	21 F	31:31	10:10
54	Tara A. Summers	Columbia	160	20 F	31:31	10:10
55	LISA MEAD	Columbia	324	26 F	32:15	10:24
56	Jeanette Upech	Columbia	178	33 F	32:42	10:33
57	Patricia Dhalferly	Columbia	102	27 F	33:25	10:47
58	Barbara L. Martin	Columbia	22	22 F	33:44	10:53
59	Aimee R. Davis	Columbia	82	23 F	33:54	10:56
60	April E. Patterson	Columbia	158	35 F	34:13	11:02
61	Shirley S. Estes	Columbia	286	32 F	34:44	11:12
62	Gwyn McKee	Columbia	265	36 F	34:44	11:12
63	Jae E. Wilson	Centerville	187	17 F	34:44	11:12
64	Andrea M. Wise	Columbia	232	11 F	35:22	11:25
65	Kathleen Mahanewicz	Columbia	52	30 F	36:05	11:38
66	Barb H. Tuigigt	Columbia	125	29 F	36:43	11:51
67	Cynthia A. Fox	Fulton	223	9 F	39:21	12:42
68	Debra K. Showers	Columbia	191	27 F	39:34	12:46
69	Megan T. Katarowicz	Columbia	228	35 F	40:55	13:12
70	Charlotte Melngartner	Columbia	228	35 F	40:57	13:13
71	Deb Huffman	Columbia	227	34 F	41:39	13:26
72	Barbara J. Harville	Columbia	116	52 F	41:39	13:26
73	Beverly J. Clark	Columbia	205	20 F	43:18	13:58
74	Jenny Bulger	Columbia	204	19 F	43:18	13:58
75	Robynn S. Streco	Columbia	206	18 F	43:19	13:58
76	Jody Puri	Columbia	3	62 F	43:20	13:59
77	Lori E. Houghton	Columbia	241	25 F	43:27	14:01
78	Boris D. Buss	Columbia	131	23 F	44:43	14:25
79	Bana L. Stewart	Columbia	231	33 F	44:44	14:26
80	Karen L. March	Columbia	63	25 F	44:45	14:26
81	Marjanne Smith	Columbia	60	22 F	44:46	14:26
82	Jane E. Smith	Jefferson City	193	30 F	44:57	14:30
83	Neonore L. DeSpain-Lee	Jefferson City	239	32 F	44:58	14:30
84	Brenda S. Baker	Jefferson City	172	39 F	45:33	14:42
85	M. Belle Kistner	Hilliersburg	215	35 F	46:09	14:53
86	Ira L. McClain	Hartsburg	218	35 F	46:10	14:54
87	Biane Hiron-Stea	Columbia	243	13 F	46:10	14:54
88	Christi A. Losopio	Columbia	69	11 F	46:11	14:54
89	Amada S. Hurry	Columbia	68	42 F	46:56	15:08
90	Betsy Hovton	Columbia	251	36 F	46:56	15:08
91	Margaret Abdesson	Columbia	70	39 F	46:57	15:09
92	Debbie Murray	Columbia	250	25 F	47:38	15:22
93	Tracy A. Stock	Columbia	288	40 F	48:00	15:29
94	Jeanne A. Pagan	Columbia				

UNIVERSITY HOSPITAL JINGLE BELL RUN FOR ARTHRITIS

NOVEMBER 5, 1992
FEMALE FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PAGE/ MILE
95	Debbie A. Smith	Columbia	171	20 F	48:06	15:31
96	Katherine Abbott	Ashland	280	6 F	48:06	15:31
97	Carleen C. Abbott	Ashland	278	42 F	48:07	15:31
98	Shelly Murray	Columbia	207	20 F	48:09	15:32
99	Taany Harlan	Columbia	209	20 F	48:18	15:35
100	Beverly K. Denbigh	Columbia	279	33 F	48:39	15:48
101	Charlene Roberts	Columbia	276	39 F	49:00	15:48
102	Kia H. Nevins	Columbia	282	38 F	49:01	15:49
103	Sara E. Walter	Columbia	211	53 F	49:01	15:49
104	Melinda L. Boyce	Columbia	275	37 F	49:03	15:49
105	Barbara K. Brown	Columbia	219	36 F	49:23	15:56
106	Mary E. McFerron	Columbia	173	36 F	49:25	15:56
107	Lynne H. Fraunhofer	Columbia	67	20 F	50:18	16:14
108	Paamela J. Spencer	Columbia	229	21 F	50:19	16:14
109	Mary K. Nisplay	Columbia	284	34 F	50:29	16:17
110	Paula E. Hevilland	Columbia	9	28 F	50:29	16:17
111	Sharon Bolland	Columbia	2	28 F	50:30	16:17
112	Jennifer Freahr	Columbia	80	24 F	50:36	16:19
113	Cathy M. Turner	Columbia	260	41 F	50:36	16:19
114	Robin L. Burkett	Rockport	81	43 F	50:41	16:21
115	Suzanne Smith	Columbia	208	21 F	50:37	16:20
116	Christie Ahener	Columbia	285	9 F	50:58	16:26
117	Terr L. Oyster	Columbia	47	30 F	51:06	16:29
118	Jane Wise	Columbia	184	38 F	51:15	16:32
119	Lori Young	Columbia	43	29 F	51:16	16:32
120	Marty R. Hodgkin	Columbia	44	24 F	51:57	16:45
121	R. Anne Peniston	Columbia	226	22 F	54:29	17:35
122	Biana C. Martin	Columbia	238	23 F	54:29	17:35
123	Tina H. Lytle	Columbia	221	23 F	54:30	17:35
124	Janice A. Vizzatto	Columbia	220	23 F	54:31	17:35
125	Kimberly Marek	Columbia	282	31 F	57:26	18:32
126	Margaret Epprell	Columbia	234	37 F	57:27	18:32
127	Barbara S. Montgomery	Columbia				

Weather - TOTAL FEMALE FINISHERS 127

Columbia Track Club News

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1992

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Sustaining membership \$25.00

*Covers all members of family residing in same household.

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We solicit articles, race results, comments and suggestions.

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