

1992 LITTLE PLANET RUN

OCTOBER 17, 1992
ALL FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE	
1	Bob	Hook	Columbia	432	21 M	18:48	5:03
2	Larry	Henze	Columbia	431	27 M	19:03	5:07
3	Steven	Stonechiper-Fi	Columbia	425	35 M	19:11	5:09
4	Ken	Shenkman	Columbia	459	19 M	21:05	5:40
5	Michael	Kelty	Columbia	450	34 M	21:06	5:40
6	Edward	White	Columbia	419	44 M	21:18	5:44
7	Scott	Wilson	Columbia	482	29 M	21:34	5:48
8	Scott	Foster	Columbia	474	35 M	22:12	5:58
9	Steven	Umbach	Columbia	472	41 M	22:30	6:03
10	JOHN	THOMPSON	COLUMBIA	500	26 M	22:36	6:05
11	NICK	MERCER	JEFFERSON CITY	501	51 M	22:40	6:06
12	Bob	Shoemaker	Columbia	491	41 M	22:52	6:09
13	STEVE	KAISSANE	COLUMBIA	502	33 M	22:57	6:10
14	Michael	Walther	Columbia	430	35 M	23:01	6:11
15	TOM	BARKER	COLUMBIA	504	21 M	23:36	6:21
16	Todd	Schapira	Columbia	464	25 M	23:53	6:25
17	JOE A.	GENOVESE	COLUMBIA	496	42 M	24:03	6:28
18	Thomas	Smith	Columbia	477	28 M	24:13	6:31
19	Susan	Snider	Columbia	465	27 F	24:14	6:31
20	Edward	Mims	Jefferson City	480	41 M	24:39	6:38
21	Matthew	Tanner	Columbia	467	10 M	24:42	6:38
22	Michael	Prewitt	Columbia	446	42 M	24:47	6:40
23	Uwe	Lochner	Columbia	492	26 M	25:11	6:46
24	Elizabeth	Rossetti-Epple	Columbia	447	34 F	25:18	6:48
25	ROBERT	KOENIG	COLUMBIA	503	40 M	25:25	6:50
26	Craig	Macek	Columbia	434	21 M	25:28	6:51
27	Brad	Jacobson	Columbia	490	38 M	25:36	6:53
28	John	Patton	Columbia	422	30 M	25:38	6:53
29	Richard	Fish	Columbia	487	41 M	25:44	6:55
30	Michelle	Tremblay	Jefferson City	462	25 F	25:46	6:56
31	Bret	Strand	Columbia	454	32 M	26:06	7:01
32	Steven	Wright	Columbia	463	33 M	26:19	7:04
33	Ed	Drane	Columbia	402	37 M	26:35	7:09
34	Shelly	Ossana	Columbia	414	30 F	26:41	7:10
35	Don	Waltman	Columbia	475	57 M	27:21	7:21
36	Brian	Hajicek	Columbia	403	24 M	27:32	7:24
37	Martin	Childers	Columbia	405	34 M	27:42	7:27
38	Diane	Seifert-Wade	Columbia	440	37 F	27:45	7:28
39	THOMAS E	WELSH	COLUMBIA	497	40 M	27:53	7:30
40	Randy	Gay	Columbia	416	38 M	27:55	7:30
41	Thomas	Highland	Columbia	406	44 M	27:56	7:31
42	Gary	Rackers	Jefferson City	461	27 M	28:20	7:37
43	Joe	Duncan	Columbia	409	58 M	28:22	7:38
44	Philip	Wood	Columbia	435	52 M	28:24	7:38
45	Peter	Hall	Columbia	448	58 M	28:31	7:40
46	Beth	Werdehausen	Jefferson City	481	31 F	28:35	7:41
47	Ken	Hirlinger	Boonville	449	42 M	29:03	7:49

1992 LITTLE PLANET RUN

OCTOBER 17, 1992
ALL FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
48	Debbie Heifner	Columbia	471	35 F	29:08	7:50
49	Nicole Axton	Columbia	476	19 F	29:20	7:53
50	Douglas Smith	Ashland	484	31 M	29:21	7:53
51	Christina Morian	Columbia	483	31 F	29:27	7:55
52	Hope Powers	Columbia	489	13 F	29:50	8:01
53	Joshua Barksdale	Boonville	473	13 M	30:05	8:05
54	Charles Hinson	Fulton	412	46 M	30:07	8:06
55	David Barker	Columbia	426	19 M	30:10	8:07
56	Douglas Hurt	Columbia	436	20 M	30:21	8:10
57	Regina Brown	Moberly	452	36 F	30:36	8:14
58	Mary Hooley	Columbia	438	41 F	30:45	8:16
59	Susan Robert	Columbia	439	41 F	31:10	8:23
60	Andrea Woods	Columbia	437	46 F	32:17	8:41
61	Kerry Mulvania	Columbia	455	20 F	32:20	8:42
62	Marsha Coleman	Rocheport	466	39 F	32:41	8:47
63	Dana Petsinger	Columbia	421	24 F	32:59	8:52
64	Christopher Hawf	Columbia	453	39 M	33:19	8:57
65	Participant 601		601		33:20	8:58
66	Liz Skibba	Columbia	413	27 F	34:46	9:21
67	Carolyn Northweather	Jefferson City	444	48 F	34:47	9:21
68	HEATHER BARKSDALE	Columbia	494	17 F	35:17	9:29
69	ELIZABETH GERHARDT	COLUMBIA	498	72 F	35:34	9:34
70	Valerie Fick	Columbia	456	25 F	36:14	9:44
71	Larry Fick	Columbia	457	51 M	36:16	9:45
72	MATTHEW EICHENBERGER	BOONEVILLE	495	16 M	38:51	10:27
73	Joe Cragin	Columbia	441	64 M	39:29	10:37
74	Ann Schlemper	Columbia	411	24 F	39:38	10:39
75	Jolean Sage	Columbia	485	20 F	42:05	11:19
76	Farren Shern	Columbia	486	24 M	42:07	11:19
77	Jeese Northweather	Jefferson City	443	59 M	43:11	11:37
78	Aspen Burnett	Columbia	442	26 F	43:13	11:37
79	Susan DeMian	Columbia	468	45 F	45:34	12:15
80	Patty Powers	Columbia	488	41 F	45:45	12:18
81	Kari Childers	Columbia	404	10 F	46:31	12:30
82	Deanna Wasman	Columbia	410	24 F	46:57	12:37
83	Terri Hutchison	Columbia	445	23 F	46:58	12:38
84	Lori Houghton	Columbia	415	24 F	46:59	12:38
85	Michelle Clark	Columbia	408	21 F	47:02	12:39
86	Irene Juzkiw	Columbia	469	39 F	49:18	13:15
87	Kathy Hull	Columbia	458	43 F	49:18	13:15
88	Jackie Craig	Columbia	418	50 F	55:56	15:02
89	Hildegarde Heymann	Columbia	460	36 F	55:56	15:02
90	Nancy Price	Columbia	470	40 F	59:36	16:01

Weather -

TOTAL FINISHERS

90



The Arthritis Foundation
7315 Manchester
St. Louis, MO 63143

A Fun and Unique
5K Run & Walk

December 5, 1992
8:30 a.m.

University Hospital
Start/Finish



OH what fun
it is to run!

Non-Profit
U.S. Postage
PAID
Permit #1907
St. Louis, MO

The Event

The Jingle Bell Run for Arthritis is a fun 5K run or walk. Whether you are a serious runner or a leisure walker, you can participate and feel good about helping the more than 83,000 mid-Missourians who suffer from Arthritis.

Pre-Registration

Fill out the attached registration form and send it in today with your registration fee:

\$6 on or before December 2
\$10 race day (ALL ENTRIES RECEIVED
AFTER DEC. 2 WILL NOT BE ELIGIBLE
FOR TIMED AWARDS)

Team Registration: Each team member must complete an entry form with your team name and pay a registration fee. Please return all team member registration forms together.

Participation Packet Pick-Up

Each participant receives a packet including:

- Jingle Bell Run Gloves
- Jingle Bell Run Shoelaces
- Jingle Bells

Packet Pick-up and \$10 registration:

Friday, December 4
4:00 p.m. - 7:00 p.m.
Tryathletics
1 S. 4th Street

Saturday, December 5 (Event Day)
7:30 a.m. until start
University Hospital Lobby

Raise Pledges

Help find a cure for arthritis, ask friends, family, and co-workers to make a donation and keep track of their pledges on the attached sponsor form. Bring your sponsor money with you to packet pick-up and receive your prize, or send in your money and your prize will be mailed. To be eligible for the grand prize and team prizes, all pledge money must be returned to the Arthritis Foundation by January 4, 1993.

Incentive Prizes

Prizes will be awarded to participants based on the amount of money turned in. Team challenge participants are also eligible for incentive prizes based on the amount raised individually.

RAISE

WIN
\$1,000 \$100 Gift Certificate from Tryathletics
\$ 750 \$75 Gift Certificate from Tryathletics
\$ 500 \$50 Gift Certificate from Tryathletics
\$ 250 Jingle Bell Run Sweatshirt and
Sweatpants
\$ 100 Jingle Bell Run Sweatshirt
\$ 50 Sports Towel & Water Bottle
\$ 25 Long-Sleeve Jingle Bell Run T-Shirt

Grand Prize

TWO ROUND TRIP AIRLINE TICKETS to anywhere Southwest Airlines flies (some restrictions apply).

**SOUTHWEST
AIRLINES**
Just Plane Smart

Second Prize

WEEKEND AT THE LODGE OF FOUR SEASONS

Team Challenge

A group of four or more people can become a team and compete for great prizes in the Team Challenge Contest. Friends, family, co-workers, clubs and organizations all make great challenge teams.

Team Challenge Prize Categories

Largest Team
Team Raising the Most Money
Team With the Highest Average Raised
Best Team Holiday Costume

Team Challenge Prizes

Each winning team will receive a team trophy as well as a gift certificate for a free TCBY waffle cone for each team member. To qualify for any of the team prizes, each team member must turn in a minimum of \$25 in sponsor money by January 4, 1993.

Largest Team and Best Team Holiday Costume will be judged and announced at the Jingle Bell Run, awards will be presented only after all team members have returned \$25 in sponsor money.

- 12 Chris Becker Downtown Athletic Club 526 W. Reed Moberly, MO 65270
 - 13 River Road Run 457 Sullivan East Alton, IL 62024 618-466-8915
 - 14 Starts and ends in Corporate Woods 816-361-7002
 - 15 Kansas City Track Club 620 W. 26th Street Kansas City, MO 816-471-2314
- 816-471-KCTC for recorded message of upcoming races
816-341-PHID Runner's Raceline

On a clear October day, the RUNNER'S CHOICE was ran. The group was evenly split between the 10K and the 20K. The race winners were Joe Duncan in the 10K and Bob Elliott in the 20K. There were several other winners as each completed their own personal goals. Those who better their predicted time won a "rebate" of their entry fee. This inspired many good performances. The winners of special categories and the overall race results are as follows.

"Steady Eddie"- even splits for 20k ----Rick McAllister

"Right on the Money"-closest predictor---Jen Galloway

One fast Master-fastest 10K under age (minutes=miles)
"Boots" Gerhardt

RACE RESULTS

	10K	20K
Bob Elliott	36:41	1:12:33 finish
Mike Kelty	39:17	1:20:37 finish
Steve Engelbrecht	41:35	DNF
Gary Fogelbach	41:04	1:21:04 finish
Rick McAlister	46:22	1:32:55 finish
Joe Duncan	49:33 finish	
Dana Thompson	52:33 finish	
Kim Cleland	53:40 finish	
Steve Tucker	53:39 finish	
Deirdre Shesgreen	56:27 finish	
Wes Yates	59:10	1:59:33 finish
Jen Galloway	1:02:06 finish	
Boots Gerhardt	1:02:07 finish	

COLUMBIA TRACK CLUB LIST OF OUT OF TOWN RACES

DATE	DAY	TIME	NAME	CITY, STATE	* INFO
11/01	Sun	8:30 am	Take Steps for NF 10K/3K Runs	St. Louis, MO	3
11/07	Sat	9:00 am	St. Louis Corporate Challenge 4M/1M	St. Louis, MO	4
11/07	Sat	8:00 am	Toys for Tots 5M Run	St. Louis, MO	5
11/08	Sun	8:00 am	Rotary 5K/1M Runs	St. Louis, MO	6
11/08	Sun	1:00 pm	SLTC CC Invitational 5K	St. Louis, MO	1A
11/14	Sat	8:00 am	DeSoto 5K/1M Dragon Classic	De Soto, MO	7
11/14	Sat	8:30 am	McDonald's Route 66 5K/1M Runs	Shrewsbury, MO	8
11/21	Sat		H.W. Harris Memorial 8K Run	Sedalia, MO	9A
11/22	Sun	8:00 am	St. Louis Marathon/5K	St. Louis, MO	1B
11/22	Sun	1:00 pm	Thanksgiving 5K/3K/1M Runs	Cape Girardeau, MO	10
11/26	Thu		Thanksgiving Day 5K Sprint	Kansas City, MO	11
11/26	Thu		Thanksgiving Day Classic 5K	Moberly, MO	12
11/26	Thu		Turkey Trot 5K/8M Fun Runs	Sedalia, MO	9B
11/26	Thu	8:30 am	Gobble Wobble 4M	Chesterfield, MO	2
11/28	Sat	10:00 am	Great River Road 10M/2M Runs	Alton, IL	13
12/05	Sat	7:30 am	Snowball Series 20K/3M	St. Louis, MO	2B
12/06	Sun	9:00 am	Jingle Bell 5K Run	Overland Park, KS	14
12/12	Sat	8:00 am	Jingle Bell 5K/1M Run	St. Louis, MO	1
12/13	Sun	8:00 am	SLTC Marathon Relay	St. Louis, MO	1D
12/20	Sun	7:30 am	Snowball Series 13.1M/4M	Chesterfield, MO	2B
12/26	Sat	9:00 am	SLTC Frostbite Series 12K/3K	St. Louis, MO	1E

* For more information call or send a stamped self addressed envelope to the following persons or corporations:

- 1 St. Louis Track Club 2385 Hampton Ave. Suite 101 St. Louis, MO 63139
314-781-3926 Raceline 781-3726 A. Starts at Blackburn Park Call Frank Vander Kraats 314-921-4964 B. Starts at Kiener Plaza C. Starts at St. Louis Centre D. Forest Park Fieldhouse start 4 person relay E. The Frostbite Series is a 5 race series of either 5 short races (3K-4M) or 5 long races (12K-13.1M) for 5 year age group points based on best 4 race total. Races start at Forest Park Fieldhouse.
- 2 Gateway Athletics Marathon Sports 13453 Chesterfield Plaza Chesterfield, MO 63017 314-434-9577 B. The Snowball Series is a series of 5 long or short races for age group points like the above Frostbite Series. The first race starts at Merimec Community College and the rest start at Marathon Sports.
- 3 MO Chapter NF Foundation 9769 St. Charles Rock Road St. Louis, MO 63114 314-428-1520
- 4 Starts at Queeny Park 314-423-3719
- 5 Starts at Soldier's Memorial 314-263-6204
- 6 St. Anthony's Medical Center c/o Bill Gielow 10010 Kennerly Road St. Louis, MO 63128 314-525-4047 8-4:30 M-F
- 7 Arnett Sullivan 408 S. 5th Street DeSoto, MO 63020 314-586-3316
- 8 Mackenzie Pointe Plaza McDonald's 7259 Watson Road 314-832-1869
- 9 Jeff or Milene Mittelhauser/Sedalia Runner's Club 905 W. 28th Sedalia, MO 65301 816-826-0147
- 10 SEMO State Univ. Student Rec. Center Cape Girardeau, MO 63701 314-586-3316
- 11 Greater Kansas City Sports Commission 800 Westport Rd. Kansas City, MO 64111 816-561-GOKC

COLUMBIA TRACK CLUB
APPLICATION FOR MEMBERSHIP

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

PHONE #: _____

OCCUPATION(S): _____

Members of family at this address and dates of birth of each (optional):

Running background(s): (Optional)

Annual dues are \$10. Includes all of the family residing in the same household.

Sustaining membership (tax deductible) is \$25.

Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC
P.O. Box 1872
Columbia MO 63201

Columbia Track Club News

P.O. Box 1872
Columbia, MO 65205

Non-profit Organization
U. S. Postage Paid
Columbia, MO
Permit #226

Joe Duncan
2980 Maple Bluff Drive
Columbia, MO 65203

1992

Annual Dues, Columbia Track Club	\$10.00*
Sustaining Membership	\$25.00

*Covers all members of family residing in same household.

All donations to CTC are tax deductible.

The CTC Newsletter is an open forum to anyone and is published monthly. We solicit articles, race results, comments and suggestions.

Advertisements are welcome. Camera-ready ads must fit in an area of 8 x 10 (full page) or 8 x 5 (half page). Rates are \$25.00 for a full page and \$15.00 for a half page. These rates also apply to race entry forms, unless they are from a reciprocating club. Any submitted item must be typewritten and turned in by the 5th of the month.