Columbia Track Club News

Volume XXVI Number 2 April 1993

CTC briefs

Frigid run

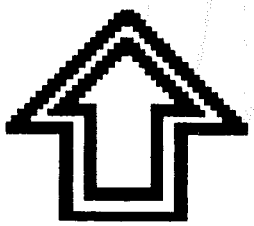
The Regional Hospital St. Patrick's Day 5K on March 13 was a cold one.

Jim Heady was the overall winner in a time of 15:57. Julie Bergfeld ran a 20:13 to capture the women's title. (Race results are enclosed.)

Congratulations not only to the two of them, but to all who braved the cold that morning. Despite the weather (a wind chill of about minus-25 degrees), 653 people finished the race. Considering the conditions, that was a pretty good turnout.

It was also the first race I have been to where the awards ceremony was canceled because of the weather. Thanks to Mike Little, Mark Volek and all the volunteers. Because of your help, the race was a total success.

-- Curt Kempf



On your Marks

By Joe Marks
CTC President

First, I want to plug a Wheel-A-Thon coming up April 17. You might want to participate in this unusual event or donate to the cause. Let me explain.

Teams of four will take turns rolling around Stankowski Track (on the M.U. campus) in wheelchairs. Participants can be disabled or not. You can sign up for events that run during the 10 a.m. to noon or noon to 2 p.m. time slots. There are a variety of competitions for the morning and afternoon, but the emphasis is on fun and awareness. Entry fee is $12 for a team. If you want to help get pledges and you manage to get pledges of $75 or more, you earn a T-shirt. Or you can donate any amount you wish to this worthy cause. Money goes to scholarships for disabled students and to pay for recreational facilities for them. Just make checks payable to "Barrier Free" and send the checks to the Access Office for Students with Disabilities, AO48 Brady Commons, M.U., Columbia, 65211. Or call Carma Messerlei at 882-4696 or Brad Jacobson at 882-2066.

It is spring now, isn't it? I've never been colder than I was in the St. Pat's Day 5K (my teeth hurt!). Then I sweated away a couple kilos in the 15K two weeks later. What's next?

Kudos to our race directors. Curt Kempf and Co. were marvelous handling the harried herd, and Joe "Cool" Duncan was his usual unflappable self.

A couple weeks ago, Mike Little talked the CTC into buying a Compusport 737 timer. This thing lets you time eight lanes at once, provides lap timing, gives splits by lane -- even has a key pad so you can punch in race numbers to give manual verification in big races. It will store up to 10,000 times (so I guess we can start publicizing our races a bit more). Mike says the fellow who wrote our race software will now write a software interface for the new timer. For those of you who still remember when we timed CTC races by handing the only watch to the person who could run the fastest ... well, we've come a long way. By the way, this new gadgetry cost $2,000, so we'll be keeping an eye on it.

Training aid

CTC has ordered a copy of WinTrainer (Bill Rodgers' Athletic Training Log Software) for evaluation. WinTrainer keeps a fitness diary and workout log for as many as 10 athletes.

Any activities can be tracked, including running, walking, swimming, cycling, weight training, aerobics and calisthenics. The features are too numerous to mention here.

If you would like to evaluate the software, it requires an IBM compatible computer running Microsoft Windows 3.0 or higher. Contact Curt Kempf at 442-4823.

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Speaking of Mike Little, he needs volunteers for the Human Race. *Please* call him at home (886-8686) or at work (886-3530).

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Check your schedule for upcoming races/fun runs (depends on your attitude).

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I've had some interesting conversations the last couple months. The general theme seems to be body breakdown after years of pounding the road.

Just how well you survive seems to be a mix of common sense (moderation/cross training/plenty of stretching) and good genetics. Since it's too late for me to pre-select my parents, I'm stuck with trying to be smarter in my old age.

Oops, there's a problem here. Maybe I'll go for the lobotomy next time.

Cheers.

-- Joe Marks

Need a trophy?

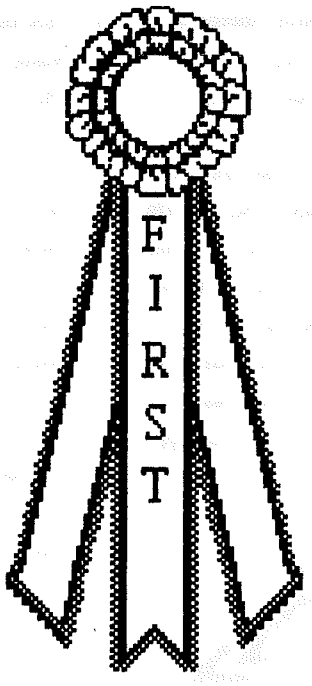
Don Johnson, a CTC member from Centralia, is wondering if there is a way he can recycle about 100 running trophies. He is seeking suggestions.

Don has contacted retail stores, and they don't want the trophies.

Don also reports that he delivered 85 new running-event T-shirts to the M.U. Hospital and Clinics. The hospital's social services and public relations department plant to use them in the children's ward as gowns.

"The little kids get a kick out of wearing them rather than the dull, colorless hospital gowns, even though most of the shirts come down to their ankles," Don writes. He says he kept about 30 of the T-shirts he has accumulated over the years and has plans for them to be made into a quilt.

If you have any ideas on recycling the trophies, contact Don at 682-3583 (evenings) or 682-8264 (day).



Results

15K

March 27

Rt. ZZ course

Todd Beaverson of Moberly finished first among nine runners in the CTC's 15K run, pulling away from Rodney Sanders after the two had run together for about half the race. Beaverson's winning time was a consistent 54:38 after 5K and 10K splits of 18:25 and 37:01, respectively. All runners got certificates for waffle cones at TCBY.

Runner, age	5K	10K	15K
Todd Beaverson, 29	18:25	37:01	54:38
Rodney Sanders, 30	18:25	37:26	55:36
Curt Kempf, 29	20:07	41:32	1:02:02
David Oldfield, 47	21:42	43:50	1:05:46
Joe Marks, 55	23:12	47:44	1:11:28
Greg Hession, 27	30:42		1:25:56
Boots Gerhardt, 70+	31:01		1:41:39
Linda Price, 49	25:32		
Bob Whitter, 29	30:42	1:03:23	

Kansas City Ekiden Relay
at Overland Park, Kan.
March 27

Nine Columbia area runners competed in the Ekiden Relay and returned with mugs as prizes for their second-place performances.

The team of Rick Rother, Tom LaFontaine, Bob O'Connell and Kent McClure finished second in the male masters division in the 25K relay with a time of 1:34:15. They ran splits from 2.5K to 10K.

In the marathon relay, Don Lewis, Mark Volek, Jamie Mondello, Scott Wilson and Mike Little teamed to place second in the age/sex division with a time of 2:48:20 (2:41:10 when adjusted for age and sex). Their splits ranged from 5K to 10K.

15th Annual

Human Race 10K

8 a.m., April 24 (Entry deadline April 21)

Individual and corporate competition

Entry form enclosed

REGIONAL HOSPITAL ST. PATRICK'S DAY 5K - 1993
MARCH 13, 1993

FEMALE FINISHERS

PLACE	NAME	CITY	NO.	AGE/SEX	TOTAL TIME	PACE/ MILE
1	Julie D. Bergfeld	Columbia	1039	26 F	20:13	6:31
2	Denise Engel	Columbia	671	30 F	21:01	6:47
3	Noelle D. Marchhand-Koch	Columbia	765	24 F	21:38	6:59
4	Danielle Ess	Columbia	857	20 F	22:42	7:19
5	Phyllis M.Koepp	Columbia	764	37 F	22:43	7:20
6	Diane Seifert-Ware	Columbia	694	38 F	23:14	7:30
7	Karen C. Chinn	Kansas City	761	30 F	23:34	7:36
8	Christine Ross	Montgomery City	858	26 F	23:49	7:41
9	Debbie Heifner	Columbia	670	35 F	23:51	7:42
10	Kathy L. Cuta	Columbia	980	37 F	23:55	7:43
11	Donna Pavlick	Columbia	677	40 F	24:02	7:45
12	Laura Wilhelmi	Columbia	1171	21 F	24:05	7:46
13	Melinda A.Bond	Columbia	934	19 F	24:17	7:50
14	Holly R. Kutscher	Columbia	840	19 F	24:22	7:52
15	Anne M. Matheny	Columbia	955	28 F	24:26	7:53
16	Lisa M. Wells	Columbia	715	29 F	24:34	7:55
17	Camille B.Wise	Columbia	837	15 F	24:43	7:58
18	Cathy Cartwright	Columbia	706	41 F	25:06	8:06
19	Marilyn L.Upton	Columbia	972	28 F	25:14	8:08
20	Jeanne M. Mettner	Columbia	886	23 F	25:15	8:09
21	Dorothy A.Pino	Columbia	1007	36 F	25:46	8:19
22	Barbara A.Burnett	Jefferson City	901	45 F	26:00	8:23
23	Sarah A. McCarter	Columbia	855	13 F	26:18	8:29
24	Chris M. Lawrence	Columbia	975	29 F	26:20	8:30
25	Kristina MDeNeve	Columbia	1040	25 F	26:25	8:31
26	Kathryn Conrad	Columbia	1173	27 F	26:34	8:34
27	Jane F. Cormier	Columbia	1074	36 F	26:34	8:34
28	Merri A. Ireland	Columbia	1025	24 F	26:38	8:35
29	Ann E. Lockwood	Columbia	909	25 F	26:39	8:36
30	Nikki A. Darling	Columbia	728	26 F	26:43	8:37
31	Debi Garrison	St. Louis	741	30 F	26:45	8:38
32	Phyllis E.Thomas	Columbia	711	38 F	26:52	8:40
33	Miriam Khalil	Columbia	1117	26 F	26:52	8:40
34	Tiffany E.Gee	Columbia	733	13 F	26:54	8:41
35	Regina G. Brown	Moberly	785	37 F	26:55	8:41
36	Barbara Klees	Columbia	1115	27 F	26:58	8:42
37	Ann Beasley	Columbia	1156	36 F	27:01	8:43
38	Mary C. Raiff	Jefferson City	845	26 F	27:04	8:44
39	Melanie Ornes	Columbia	1147	22 F	27:14	8:47
40	April F. Dunn	Columbia	1203	15 F	27:16	8:48
41	Betty A. Byrd	Centralia	784	46 F	27:23	8:50
42	Traci Koch	Jefferson City	1121	24 F	27:28	8:52
43	Penny a. Campbell	California	948	32 F	27:32	8:53
44	Beverly F.Twellman	Columbia	1076	44 F	27:36	8:54
45	Mary G. Kohrs	Columbia	1073	28 F	28:02	9:03
46	Manaji M. Syzuki	Columbia	779	24 F	28:04	9:03
47	Carole Madsen	Columbia	1149	49 F	28:05	9:04
48	Jeanelle Twillman	Marshall	693	60 F	28:06	9:04
49	Kim Downard	Ames	666	31 F	28:11	9:05
50	Kelly DeLine	Madison	663	29 F	28:14	9:06
51	Cori A. Foley	Columbia	974	24 F	28:26	9:10
52	Julie C. Walters	Columbia	744	29 F	28:30	9:12
53	Erica J. Aholt	Columbia	865	13 F	28:33	9:13
54	Dawn M. Elias	Columbia	725	28 F	28:34	9:13
55	Melissa Tesh	Columbia	704	26 F	28:38	9:14
56	Angela M. Woodland	Columbia	820	26 F	28:39	9:15
57	Kathleen Books	Centralia	864	42 F	28:40	9:15
58	Georgette Gee-Smith	Columbia	928	36 F	[illegible]7	9:17
59	Sara Stone	Columbia	703	31 F	[illegible]8	9:17
60	Wendy J. Evans	Columbia	890	44 F	28:51	9:18
61	Patti G. Coffelt	Columbia	768	35 F	28:55	9:20
62	Rebecca Fennewald	Columbia	1137	30 F	28:58	9:21
63	Elizabeth Geden	Columbia	856	50 F	28:59	9:21
64	Juliette Wilson	Columbia	930	23 F	29:01	9:22
65	Cindy Phillis	Columbia	1157	29 F	29:01	9:22
66	Elizabeth Grupp	Columbia	797	28 F	29:13	9:25
67	Ramona Mack	Columbia	1169	32 F	29:14	9:26
68	Emily S. Meyers	Columbia	990	42 F	29:18	9:27
69	Katie G. Dallam	Columbia	1087	33 F	29:27	9:30
70	Ruena Boniface	Columbia	699	35 F	29:30	9:31
71	Andrea L. Woods	Columbia	731	46 F	29:33	9:32
72	Allison L.Ramsey	Columbia	826	14 F	29:39	9:34
73	Jill Brocksmith	Florissant	736	13 F	29:50	9:37
74	Darlene Londeree	Columbia	791	55 F	29:52	9:38
75	Margaret CHogan	Columbia	777	41 F	30:05	9:42
76	Amy E. Schadt	Columbia	940	17 F	30:09	9:44
77	Amy Garb	Columbia	1136	14 F	30:11	9:44
78	Lesa L. Davis	Columbia	734	24 F	30:15	9:45
79	Tracey M. Yund	Centralia	714	14 F	30:17	9:46
80	Marcia Smith	Columbia	689	53 F	30:18	9:46
81	Terri A. Guindon	Columbia	815	38 F	30:24	9:48
82	Tracy L. Allison	Columbia	755	21 F	30:30	9:50
83	Amy E. Durk	Columbia	1004	24 F	30:33	9:51
84	Joy Travis	Columbia	1006	41 F	30:33	9:51
85	Kathleen MYordy	Columbia	712	27 F	30:35	9:52
86	Heather Flanagan	Columbia	756	30 F	30:36	9:52
87	Hannah P. Johnson	Columbia	878	10 F	30:42	9:54
88	Victoria LWilliams	Sedalia	936	36 F	30:44	9:55
89	Karen Cox	Columbia	705	36 F	30:46	9:55
90	Cheryl L. Toub	Columbia	906	30 F	30:56	9:59
91	Elizabeth Skibba	Columbia	848	28 F	31:01	10:00
92	Dana Petsinger	Columbia	683	25 F	31:02	10:01
93	Janice Bryson	Hallsville	760	39 F	31:08	10:03
94	E. Elaine Kent	Centralia	767	44 F	31:13	10:04
95	Marsha A. Coleman	Rocheport	743	40 F	31:22	10:07
96	Robin Hardesty	Jefferson City	1142	27 F	31:24	10:08
97	Vickie L. Diehl	Columbia	1104	41 F	31:25	10:08
98	Lauren Hall	Columbia	1164	12 F	31:27	10:09
99	Jeanette LPech	Columbia	868	33 F	31:29	10:09
100	Valerie Fick	Columbia	961	25 F	31:32	10:10
101	Linda Hamilton	Columbia	1140	35 F	31:34	10:11
102	Julia A. Alexander	Columbia	1029	33 F	31:35	10:11
103	Susan R. Vansant	Columbia	1028	35 F	31:36	10:12
104	Mary L. O'Connor	Columbia	862	42 F	31:37	10:12
105	Pam A. Nichols	Columbia	806	39 F	31:57	10:18
106	Stacey Brown	Jefferson City	1122	23 F	32:12	10:23
107	Lisa A. Miller	Columbia	910	28 F	32:12	10:23
108	Janet Welshons	Columbia	1125	41 F	32:17	10:25
109	Elizabeth Gerhardt	Columbia	839	72 F	32:18	10:25
110	Kathy Ellsworth	Columbia	1078	37 F	32:21	10:26
111	Kay F. Lumpa	Jefferson City	796	29 F	32:30	10:29
112	Kelly F. Breedlove	Columbia	979	28 F	32:31	10:29
113	Terri A. Hutchison	Columbia	821	24 F	32:35	10:31
114	Dayna L. Glanz	Columbia	745	42 F	32:35	10:31
115	Linda K. Rogers	Moberly	793	46 F	32:38	10:32
116	Lynne Jerichow	Mexico	825	42 F	32:39	10:32
117	Sandy M. Thomas	Mexico	1011	40 F	32:39	10:32
118	Tara L. Wickman	Columbia	778	24 F	32:40	10:32
119	Erin R. Reams	Columbia	1055	9 F	32:44	10:34
120	Nancy E. Fedorchak	Columbia	996	36 F	32:46	10:34

121	Misty	Randol	Columbia	1172	13	F	32:48	10:35
122	Bobbie A.	Fuhlage	Fayette	713	54	F	33:02	10:39
123	Branca	Prentiss	Columbia	688	58	F	33:33	10:49
124	Carol M.	Hansen	Jameston	759	38	F	33:42	10:52
125	Vandy J.	Stone	Columbia	816	34	F	33:52	10:55
126	Mary B.	Haux	Columbia	951	30	F	33:54	10:56
127	Amanda W.	Pickett	Columbia	758	12	F	33:59	10:58
128	Elizabeth	Krebs	Columbia	685	24	F	34:09	11:01
129	Barbara J.	Giles	Columbia	1846	41	F	34:15	11:03
130	Andrea N.	Wise	Columbia	836	18	F	34:18	11:04
131	Misty D.	Quintana	Columbia	999	14	F	34:31	11:08
132	Sharon C.	Lammers	Columbia	1024	51	F	34:47	11:13
133	JoEllen	Bazat	Columbia	782	37	F	34:54	11:15
134	lisa	Head	Columbia	682	27	F	34:55	11:16
135	Jill A.	Robinson	Columbia	977	13	F	34:56	11:16
136	Deirdre	Fleming	Columbia	775	24	F	34:58	11:17
137	Nila J.	Emerich	Columbia	717	42	F	34:59	11:17
138	Karen E.	Puryear	Columbia	860	38	F	35:07	11:20
139	Martha D.	Patton	Columbia	746	40	F	35:11	11:21
140	Cristen L.	Foley	Columbia	719	8	F	35:11	11:21
141	Cynthia	Foley	Columbia	718	43	F	35:12	11:21
142	Alison J.	Gerke	Columbia	802	13	F	35:14	11:22
143	Mary M.	Newby	Hallsville	798	45	F	35:23	11:25
144	Brandy K.	Nichols	Columbia	807	11	F	35:25	11:25
145	Rebecca D.	Morton	Boonville	1046	15	F	35:27	11:26
146	Andrea L.	Menke	Columbia	1086	16	F	35:29	11:27
147	Megan E.	Shifley	Columbia	751	11	F	35:32	11:28
148	Laura	Sartin	Columbia	1193	25	F	35:43	11:31
149	Kathryn S.	Shifley	Columbia	750	8	F	35:47	11:33
150	Melody E.	Rosson	Columbia	914	29	F	35:48	11:33
151	Erin J.	McElroy	Columbia	829	12	F	35:55	11:35
152	Shari L.	Moore	Columbia	814	19	F	35:56	11:35
153	Britton M.	Highland	Columbia	723	23	F	36:02	11:37
154	Peggy	Lipsey	Columbia	989	44	F	36:08	11:39
155	Stacie	Missey	Columbia	1178	21	F	36:10	11:40
156	Allison J.	Gay	Columbia	944	12	F	36:30	11:46
157	Linda L.	Gilmore	Columbia	903	30	F	36:44	11:51
158	Susan L.	Mills	Columbia	863	32	F	36:44	11:51
159	Mary E.	Kiesling	Columbia	902	26	F	36:45	11:51
160	Rebecca L.	Acton	Fayette	872	39	F	36:49	11:53
161	Linda S.	Vogt	Fayette	748	45	F	36:49	11:53
162	Kara E.	Eberhard	Columbia	1058	10	F	37:04	11:57
163	Becky J.	Bradley	Columbia	995	13	F	37:28	12:05
164	Patty J.	Thornton	Columbia	877	37	F	37:58	12:15
165	Bronwynn	Phillips	Columbia	1043	46	F	37:59	12:15
166	Lisa M.	Trent	Columbia	729	34	F	38:19	12:22
167	Tasha	Willingham	Columbia	1168	12	F	38:46	12:30
168	Evelyn D.	Brown	Macon	997	52	F	38:49	12:31
169	Matilda I.	Hardman	Harrisburg	998	64	F	38:55	12:33
170	Mary Ann	Quintana	Columbia	1000	33	F	38:55	12:33
171	Cynthia	Greene	Columbia	1160	21	F	39:04	12:36
172	Erica D.	Enderle	Boonville	898	14	F	39:20	12:41
173	Hayley L.	Melchert	Boonville	833	15	F	39:22	12:42
174	Erin M.	Enderle	Boonville	952	12	F	39:23	12:42
175	Susan	DeMian	Columbia	673	46	F	39:27	12:44
176	Kelly a.	Sanders	Boonville	897	14	F	39:28	12:44
177	Bettie L.	Guzy	Columbia	721	65	F	39:29	12:44
178	Patsy	Hudkins	Columbia	668	34	F	39:30	12:45
179	Debra K.	Showers	Fulton	707	39	F	39:50	12:51
180	Kristin L.	Sandwith	Marshall	769	10	F	40:16	12:59
181	Cindy A.	Bryan	Columbia	851	37	F	40:27	13:03
182	Roberta	DeMian	Columbia	672	10	F	40:35	13:05
183	Stephar	Widner	Kingdom City	1093	12	F	40:36	13:06
184	Andrea	Fields	Columbia	1114	11	F	40:40	13:07
185	Dorthey L.	Null	Centralia	1002	61	F	40:42	13:08
186	Cynthia A.	Anderson	Columbia	1080	38	F	40:42	13:08
187	Melissa A.	Anderson	Columbia	1079	12	F	40:42	13:08
188	Bonnie J.	Schill	Columbia	786	42	F	40:49	13:10
190	Angela C.	Brown	Columbia	1031	38	F	40:55	13:12
191	Mary M.	Patton	Centralia	949	51	F	41:10	13:17
192	Karen L.	March	Columbia	805	33	F	41:18	13:19
193	Erica M.	Fisher	Columbia	959	47	F	41:25	13:22
194	Gayla J.	Frink	Columbia	956	25	F	41:41	13:27
195	Aileen	Berk	Columbia	915	34	F	41:50	13:30
196	Ann M.	Fredrich	Boonville	1051	13	F	41:55	13:31
197	Amanda L.	Nauman	Boonville	830	12	F	41:55	13:31
198	Grace M.	Lidl	Columbia	968	26	F	41:58	13:32
199	Marisa C.	St. Claire	Columbia	969	27	F	41:59	13:33
200	Andrea	Dehn	Jefferson City	678	09	F	42:25	13:41
201	Patricia	Reed	Columbia	680	47	F	42:33	13:44
202	Shelly A.	Hays	Kingdom City	1094	13	F	42:33	13:44
203	Doris	Rosson	Columbia	691	69	F	42:34	13:44
204	Yvonne L.	Berry	Kingdom City	1097	15	F	42:34	13:44
205	Paula	Peters	Columbia	676	48	F	42:35	13:44
206	Dusti L.	Gamblin	Kingdom City	1092	13	F	42:35	13:44
207	Laura L.	Rogers	Columbia	943	26	F	42:37	13:45
208	Jean	Prior	Columbia	1200	46	F	42:37	13:45
209	Shawna A.	Daly	Kingdom City	1095	16	F	42:41	13:46
210	Mary M.	Eberhard	Columbia	1057	30	F	42:44	13:47
211	Anna M.	Baurichter	Columbia	905	8	F	42:50	13:49
212	Megan	Muenleback	Columbia	1107	9	F	43:00	13:52
213	Ann	Muenlebach	Columbia	1105	39	F	43:00	13:52
214	Mary	Cox	Columbia	1106	41	F	43:01	13:53
215	Peg C.	Hurley	Columbia	896	47	F	43:01	13:53
216	Becky	Lindemann	Columbia	716	42	F	43:26	14:01
217	Lynne M.	Hedrick	Columbia	1085	41	F	43:29	14:02
218	Raeona	Nichols	Columbia	1084	39	F	43:29	14:02
219	Diana L.	McAlpin	Columbia	1088	35	F	43:29	14:02
220	Debbie	Murray	Columbia	1118	40	F	43:30	14:02
221	Caroline	Hargis	Centralia	1003	55	F	43:33	14:03
222	Krystle R.	Thomas	Columbia	925	11	F	43:36	14:04
223	Terry L.	Hairer	Columbia	1041	32	F	43:37	14:04
224	Sherry K.	Adkison	Columbia	1042	32	F	43:37	14:04
225	Mary R.	Swindler	Columbia	783	32	F	44:22	14:19
226	Sherry s.	Jenkins	Fulton	835	29	F	44:26	14:20
227	Jeannie L.	Little	Columbia	787	32	F	44:26	14:20
228	Cindy A.	Thomas	Columbia	924	33	F	44:31	14:22
229	Mary Jo	Chronister	Columbia	726	37	F	44:31	14:22
230	Patricia S	Bossaller	Columbia	947	45	F	44:36	14:23
231	Kay L.	Steevens	Columbia	841	45	F	44:37	14:24
232	Jimmy B.	Kistner	Millersburg	871	39	F	44:40	14:25
233	Janet M.	Miller	Columbia	847	49	F	44:57	14:30
234	Susan M.	Currier	Columbia	953	41	F	44:58	14:30
235	Connie G.	Blackmore	Columbia	888	44	F	44:59	14:31
236	Jane	Wise	Columbia	838	38	F	45:00	14:31
237	Moncia L.	Thurston	Columbia	918	40	F	45:10	14:34
238	M. Erin	Concannon	Columbia	1077	24	F	45:14	14:35
239	Dottie C.	Heibel	Hallsville	834	51	F	45:46	14:46
240	Christine	Cahalan	Columbia	962	24	F	45:49	14:47
241	Beth C.	Fizer	Kingdom City	1091	15	F	46:03	14:51
242	Dee	Devlin	Columbia	1109	26	F	46:09	14:53
243	aNNE	Farrow	Columbia	1110	32	F	46:10	14:54
244	Molly	Abshear	Columbia	1111	25	F	46:11	14:54
245	Stacia	Kulinski	Columbia	1146	22	F	46:14	14:55
246	Laura	Ledbetter	Columbia	1150	23	F	46:15	14:55
247	Amanda A.	Holliday	Columbia	964	8	F	46:31	15:00
248	Kathy B.	Hull	Columbia	776	44	F	:57	15:09
249	Puri	Wilson	Columbia	684	38	F	:00	15:10

250	JoAnn	Phelps	Columbia	1059	45	F	47:02	15:10
251	Almeda	tis	Ashland	1130	52	F	47:06	15:12
252	Virginia	hews	Columbia	929	27	F	47:11	15:13
253	Ashley	Guy	Columbia	1198	6	F	47:22	15:17
254	Rebecca	Braniff	Columbia	1158	23	F	47:26	15:18
255	Nivia	Barroso	Columbia	1159	32	F	47:26	15:18
256	Cora A.	Birkholz	Columbia	1101	54	F	47:32	15:20
257	Angela M.	Grayson	Columbia	917	26	F	47:38	15:22
258	Linda J.	Dimitry	Columbia	916	49	F	47:39	15:22
259	Mary L.	Juettner	Columbia	1102	1	F	48:04	15:30
260	Lori	Conrad	Columbia	1165	20	F	48:21	15:36
261	Debra A.	Smith	Columbia	883	20	F	48:21	15:36
262	Leslie A.	Chladny	Columbia	773	25	F	48:39	15:42
263	Sherrie E.	Neff	Columbia	904	33	F	48:55	15:47
264	Lisa A.	Erickson	Higbee	935	25	F	48:55	15:47
265	Cynthia G.	Campbell	Columbia	1014	33	F	48:56	15:47
266	Kathy H.	Basinger	Vandalia	912	30	F	48:58	15:48
267	Mary L.	Johnston	Columbia	1044	70	F	49:01	15:49
268	Helen	Smith	Columbia	960	75	F	49:02	15:49
269	Sara A.	Harper	Columbia	879	7	F	49:08	15:51
270	Marlene	Nunnenkamp	Columbia	1127	33	F	49:09	15:51
271	Linda	Cox	Columbia	1131	43	F	49:10	15:52
272	Rosie	Vollmer	Columbia	774	28	F	49:22	15:55
273	Sarah A.	Heimburger	Columbia	1069	23	F	49:25	15:56
274	Sandy L.	Whitter	Columbia	1068	39	F	49:25	15:56
275	Lora L.	Basinger	Vandalia	913	8	F	49:37	16:00
276	Beverely	Pfeffer	Columbia	687	36	F	49:38	16:01
277	Valerie	Miller	Columbia	692	32	F	49:57	16:07
278	Paula s.	Edwards	Higbee	1035	38	F	50:57	16:26
279	Judy A.	Andrews	Columbia	1034	49	F	50:58	16:26
280	Michel L.	Unterseher	Columbia	932	26	F	51:04	16:28
281	Dorris J.	Crigler	Centralia	931	48	F	51:04	16:28
282	Gina L.	Sandwith	Marshall	771	38	F	51:40	16:40
283	Lauren K.	Sandwith	Marshall	770	6	F	51:41	16:40
284	Janet	Dehn	Jefferson City	679	37	F	52:26	16:55
285	Mary E.	Haley	Rocheport	732	44	F	52:49	17:02
286	Sue	Hammann	Columbia	752	47	F	52:49	17:02
287	Missy M.	McCollum	Kingdom City	1096	14	F	52:53	17:04
288	Deanna W.	Harper	Columbia	880	40	F	54:29	17:35
289	Nicole L.	Williams	Sedalia	937	10	F	54:38	17:37
290	Stephanie	Dotson	Sedalia	938	11	F	54:47	17:40
291	Chelsea	Dockins	Columbia	701	07	F	61:02	19:41
292	Audrey D.	Chaney	Linn Creek	1100	38	F	61:03	19:42
293	Katrina R.	Jefferson	Kingdom City	1090	17	F	61:04	19:42
294	I.	Batson	Kingdom City	1098	14	F	61:05	19:42

****** TOTAL FEMALE FINISHERS 294 ********

MALE FINISHERS

PLACE	NAME		CITY	NO.	AGE/SEX		TOT. TIME	PACE/ MILE
1	Jim B.	Heady	Columbia	2276	29	M	15:57	5:09
2	Steven D.	Stonecipher-Fi	Columbia	1959	36	M	16:11	5:13
3	Larry R.	Henze	Columbia	1760	28	M	16:12	5:14
4	Todd J.	Beaverson	Moberly	1928	29	M	16:20	5:16
5	Darryl	Wagner	Columbia	2172	24	M	16:23	5:17
6	Tony W.	Mayfield	Columbia	1816	25	M	16:32	5:20
7	C.	Delano Jon	St. Louis	1736	33	M	17:14	5:34
8	Royce A.	Hardesty	Jefferson City	2292	27	M	17:18	5:35
9	Tracy	Smith	Columbia	2205	24	M	17:24	5:37
10	Bob	Elliott	Columbia	2208	24	M	17:25	5:37
11	Troy L.	McAdams	Salisbury	1739	19	M	17:28	5:38
12	John c.	Meehan	Sedalia	1806	39	M	17:38	5:41
13	Michael	Kelty	Columbia	2320	35	M	17:49	5:45
14	Tom P.	LaFontaine	Columbia	2229	46	M	17:50	5:45
15	Floyd A.	Truetken	Columbia	1976	22	M	17:53	5:46
16	Robert S.	Foster	Columbia	1979	36	M	17:56	5:47
17	Willy R.	Heinrich	Jefferson City	1885	25	M	18:03	5:49
18	Mark	Wood	Columbia	1706	32	M	18:10	5:52
19	Will W.	Santell	Jefferson City	1829	40	M	18:19	5:55
20	Larry L.	Hennier	Freeburg	2309	26	M	18:24	5:56
21	Edward	White	Columbia	2377	45	M	18:30	5:58
22	Bumper	Wilson	Columbia	2173	30	M	18:33	5:59
23	David G.	Bray	Columbia	2360	29	M	18:36	6:00
24	Mike S.	Kaylen	Columbia	2239	38	M	18:42	6:02
25	Sean	Livingston	Blue Springs	2383	19	M	18:52	6:05
26	Mark A.	Wilson	Columbia	1958	31	M	18:57	6:07
27	Philip W.	Schaefer	Columbia	2288	39	M	19:07	6:10
28	Roger W.	Turnbaugh	Columbia	1855	36	M	19:09	6:11
29	Aaron B.	Emerich	Columbia	1767	19	M	19:10	6:11
30	Nick	Mercer	Jefferson City	1871	51	M	19:11	6:11
31	Timothy J.	McLeod	Columbia	1834	26	M	19:15	6:13
32	Jim	Schoelz	Columbia	1899	34	M	19:25	6:16
33	Anthony W.	Cubbedge	Columbia	1783	24	M	19:28	6:17
34	Patrick A.	Magee	Puxico	2265	29	M	19:28	6:17
35	Christophe	Boldt	Jefferson City	1920	34	M	19:29	6:17
36	Studboy	Mondello	Columbia	1707	38	M	19:30	6:17
37	Peter G.	Sprengelmeyer	Columbia	1843	26	M	19:33	6:18
38	Jim	Downard	Ames	1716	32	M	19:34	6:19
39	Tom	Collier	Columbia	1733	42	M	19:36	6:19
40	Randy S.	Thomas	Columbia	2311	37	M	19:40	6:21
41	Steven D.	Bell	Fulton	1932	27	M	19:45	6:22
42	James R.	Sarino	Columbia	1857	23	M	19:49	6:24
43	Farron K.	Shern	Columbia	1935	26	M	19:55	6:25
44	Steven D.	Wright	Columbia	1851	34	M	19:55	6:25
45	Hugh	Murrell	Columbia	2402	27	M	19:56	6:26
46	Thomas B.	Allen	Columbia	1778	50	M	19:58	6:26
47	Jeffery D.	Brown	Columbia	1980	29	M	20:00	6:27
48	Andy	Malloy	Columbia	2348	17	M	20:01	6:27
49	Bret A.	Hurshman	Columbia	1894	27	M	20:05	6:29
50	Steve	Hemmann	Columbia	1847	33	M	20:08	6:30
51	Michael J.	Walther	Columbia	2255	35	M	20:12	6:31
52	Chris	Hayday	Columbia	1844	23	M	20:16	6:32
53	Gary R.	Peel	Columbia	1992	35	M	20:19	6:33
54	Daniel L.	Keller	Columbia	1961	30	M	20:19	6:33
55	Michael	Grouws	Iowa City	1904	26	M	20:28	6:36
56	Donald	Lewis	Columbia	2199	57	M	20:28	6:36
57	Paul H.	Michaletz	Columbia	1856	35	M	20:28	6:36
58	Gary	Honey	Columbia	2393	23	M	20:29	6:36
59	Kerry A.	Peveler	Columbia	1785	33	M	20:35	6:38

60	Larry W.	Scholl	Syracuse	1765	21	M	20:36	6:39
61	David	Rouse	Columbia	2384	19	M	20:36	6:39
62	Larry C.	Gates	Columbia	1907	48	M	20:40	6:40
63	Michael	Carter	Columbia	2190	37	M	20:41	6:40
64	Christophe	Tallman	Hughesville	2381	25	M	20:41	6:40
65	Paul F.	Myers	Columbia	1745	29	M	20:42	6:41
66	Sam E.	Van Maanen	Columbia	1990	30	M	20:53	6:44
67	Christophe	Janku	Columbia	2397	40	M	20:57	6:45
68	Elmer O.	Schlempter	Columbia	1849	53	M	20:57	6:45
69	Kevin D.	Ridgeway	Columbia	1858	32	M	20:59	6:46
70	Tod A.	Moser	Columbia	1801	34	M	21:06	6:48
71	Michael K.	Block	Columbia	1999	24	M	21:08	6:49
72	Thomas D.	Smith	Columbia	1925	29	M	21:09	6:49
73	Joseph A.	Genovese	Mexcio	1951	42	M	21:10	6:50
74	Uwe	Lochner	Columbia	1830	27	M	21:12	6:50
75	Chuck G.	Sattler	Columbia	1866	29	M	21:13	6:51
76	William	Smith	Columbia	1721	40	M	21:13	6:51
77	John J.	Kaiser	Columbia	2362	34	M	21:15	6:51
78	Robert	Koenig	Columbia	2343	41	M	21:18	6:52
79	James B.	McInvale	Columbia	1796	37	M	21:20	6:53
80	Jerry D.	Williams	Parkville	1782	49	M	21:22	6:54
81	Dale E.	Broadway	Columbia	2287	39	M	21:23	6:54
82	Steve S.	Madsen	Columbia	1777	27	M	21:27	6:55
83	Tommy D.	Hacker	Columbia	1888	23	M	21:36	6:58
84	Terry L.	Richardson	Moberly	2330	44	M	21:38	6:59
85	David M.	Berry	Columbia	1748	32	M	21:38	6:59
86	Steve	Erickson	Columbia	2183	27	M	21:40	6:59
87	Andy H.	Raedeke	Columbia	1993	25	M	21:42	7:00
88	Ken	Hammann	Columbia	1821	45	M	21:43	7:00
89	Greg L.	Kreek	Moberly	2244	40	M	21:45	7:01
90	Brian L.	Maples	Macon	1916	15	M	21:57	7:05
91	Gus	Lewton	Mexcio	1943	36	M	22:04	7:07
92	Richard E.	Fish	Columbia	1724	42	M	22:05	7:07
93	Bryan A.	Lewis	Hallsville	1872	17	M	22:18	7:12
94	Benjamin M	Porter	Columbia	2333	18	M	22:24	7:14
95	Brad M.	Jacobson	Columbia	2293	38	M	22:25	7:14
96	Joe M.	Goldfarb	Columbia	1800	52	M	22:26	7:14
97	Gary W.	Wright	Glasgow	1805	34	M	22:28	7:15
98	Nihal	Weerasinghe	Columbia	2223	31	M	22:28	7:15
99	Michael	Fenley	Columbia	2382	18	M	22:30	7:15
100	Don J.	Brocksmith	Florissant	1788	39	M	22:32	7:16
101	Dale K.	Lumpa	Jefferson City	1868	31	M	22:32	7:16
102	Ed F.	Goss	Columbia	2371	41	M	22:34	7:17
103	William A.	Heberle	Jefferson City	1940	33	M	22:35	7:17
104	David	Grouws	Iowa City	1905	27	M	22:36	7:17
105	Mitchell L	Anthamatten	Columbia	1865	18	M	22:37	7:18
106	Allen	Dougherty	Cairo	1896	42	M	22:39	7:18
107	Mark	Fretter	Columbia	1952	34	M	22:39	7:18
108	Jeffrey O.	Bray	Columbia	1840	33	M	22:40	7:19
109	Bryan D.	Watson	Columbia	2235	22	M	22:40	7:19
110	Garry A.	Reeves	Columbia	1970	31	M	22:44	7:20
111	Richard A.	Knitting	Columbia	1848	27	M	22:53	7:23
112	Edward	Drane	Columbia	1946	37	M	22:58	7:25
113	Gary J.	Fennewald	Columbia	1747	42	M	22:59	7:25
114	Darin M.	Hackmann	Jefferson City	2347	26	M	23:00	7:25
115	Jerry	Albin	Mexico	1827	37	M	23:02	7:26
116	Chuck J.	Gieringer	Salisbury	1870	45	M	23:06	7:27
117	Morgan	Uptergrove	Columbia	2184	12	M	23:11	7:29
118	Gregory Q.	Carroll	Moberly	1813	39	M	23:17	7:31
119	Thomas E.	Welsh	Mexico	1824	41	M	23:18	7:31
120	Dan	Wolff	Columbia	1705	27	M	23:19	7:31
121	Joe	Duncan	Columbia	1930	58	M	23:21	7:32
122	Doron L.	Claiborne	Columbia	1731	39	M	23:22	7:32
123	John L.	ton	Columbia	1809	41	M	23:22	7:32
124	Chris J.	Patton	Columbia	1807	10	M	23:23	7:33
125	Randy D.	Gay	Columbia	1725	38	M	23:25	7:33
126	John	Dunn	Columbia	1710	56	M	23:27	7:34
127	Scott P.	Underwood	Columbia	1986	22	M	23:28	7:34
128	Steven F.	Fair	Columbia	1936	41	M	23:31	7:35
129	Timothy	Miller	Columbia	2191	19	M	23:32	7:35
130	Larry L.	Walters	Columbia	1799	34	M	23:34	7:36
131	Richard L.	Wieman	Columbia	2286	43	M	23:36	7:37
132	William J.	Schneider	Columbia	2278	56	M	23:41	7:38
133	Robert	Loyd	Columbia	2203	40	M	23:43	7:39
134	Peter J.	McDonald	Columbia	1729	44	M	23:44	7:39
135	Duane S.	Feldmann	Columbia	1836	44	M	23:47	7:40
136	Don	Waltman	Columbia	1775	57	M	23:48	7:41
137	Thomas R.	Highland	Columbia	1773	45	M	23:49	7:41
138	Tim L.	Clark	Columbia	1779	43	M	23:50	7:41
139	John	Marks	Columbia	2290	24	M	23:51	7:42
140	Paul R.	Cohle	Columbia	2268	36	M	23:52	7:42
141	Joe	Marks	Columbia	2289	55	M	23:54	7:43
142	John A.	Johnson	Columbia	1934	44	M	23:56	7:43
143	Terry D.	Early	New Franklin	1784	40	M	24:01	7:45
144	Rex M.	Hodge	Columbia	1864	32	M	24:03	7:45
145	Scott J.	Geist	Jefferson City	2249	31	M	24:06	7:46
146	Jason E.	Ess	Paris	2374	17	M	24:06	7:46
147	John M.	Robinson	Columbia	2304	44	M	24:07	7:47
148	Erich	Heymann	Columbia	2181	34	M	24:08	7:47
149	P. Kevin	Rudeen	Columbia	2284	42	M	24:14	7:49
150	Mark	Milewski	Columbia	2189	38	M	24:14	7:49
151	Timothy D.	Cahalan	Columbia	2350	25	M	24:16	7:50
152	Gary S.	Voetberg	Columbia	1734	34	M	24:17	7:50
153	Timothy R.	Barksdale	Columbia	2294	40	M	24:18	7:50
154	Aaron J.	Casteel	Kirksville	2230	14	M	24:25	7:53
155	Joshua M.	Evans	Columbia	1968	12	M	24:26	7:53
156	Nick	Peckham	Columbia	1963	52	M	24:27	7:53
157	Jeffrey N.	Ross	Montgomery City	1931	25	M	24:28	7:54
158	Kenneth R.	Bryant	Fulton	2324	44	M	24:31	7:55
159	Martin G.	Hansen	Fayette	2375	22	M	24:32	7:55
160	Paul A.	Bohnenkamp	Columbia	1879	27	M	24:33	7:55
161	Doug G.	Leyshock	Columbia	1915	35	M	24:33	7:55
162	Reid	Mountjoy	Columbia	2385	10	M	24:37	7:56
163	David	Mountjoy	Columbia	2187	38	M	24:37	7:56
164	William F.	Ulrick	Moberly	1863	42	M	24:39	7:57
165	Kyle	Lacy	Ashland	1717	31	M	24:40	7:57
166	James R.	Lummus	Concordia	1780	41	M	24:41	7:58
167	Michael	Becktell	Columbia	1701	37	M	24:42	7:58
168	Steve A.	Banning	Columbia	1881	30	M	24:44	7:59
169	Terry	Phillis	Columbia	2177	27	M	24:45	7:59
170	Jim G.	McCarter	Columbia	1906	44	M	24:48	8:00
171	Ray	Grimes	Calinfornia	1889	49	M	24:48	8:00
172	Tony	Fuller	Columbia	1877	37	M	24:49	8:00
173	David W.	Emerich	Columbia	1768	42	M	24:49	8:00
174	Ryan J.	Brocksmith	Florissant	1789	13	M	24:50	8:01
175	James A.	O'Dell	Fayette	1792	49	M	24:51	8:01
176	Decha	Enkvetchakul	Columbia	1967	25	M	24:52	8:01
177	Kenneth	Fuchs	Columbia	2211	38	M	24:55	8:02
178	Michael C.	Tarry	Columbia	2277	47	M	24:55	8:02
179	Charles	Hitchcock	Lee's Summit	1709	46	M	24:56	8:03
180	Ted R.	Cox	Columbia	1751	51	M	24:57	8:03
181	Norb	Giessman	Columbia	1978	40	M	24:58	8:03
182	Richard	Otto	Columbia	1715	43	M	25:05	8:05
183	Benjamin N	Smith	Columbia	2337	13	M	25:08	8:06
184	Gary L.	Upton	Columbia	2345	30	M	25:14	8:08
185	Christophe	Dohrer	Thompson	2346	21	M	25:18	8:10
186	Dallas A.	Nobles	Columbia	2280	12	M	25:[illegible]	8:10
187	Robert W.	Ridgeway	Columbia	1941	37	M	25	8:10

188	Nicolas	Pino	Columbia	2386	12	M	25:21	8:11
190	Gary	Anderson	Columbia	1712	40	M	25:30	8:14
191	Bob	Whitter	Moberly	2176	29	M	25:36	8:15
192	Kevin L.	Jones	Columbia	1929	26	M	25:39	8:16
193	Douglas L.	Smith	Ashland	2325	32	M	25:40	8:17
194	James	Peregoy	Columbia	1833	27	M	25:43	8:18
195	Gene	Thomas	Mexico	2392	47	M	25:43	8:18
196	Robert	Coleman	Columbia	2193	14	M	25:44	8:18
197	Richard B.	Bush	Columbia	1795	40	M	25:47	8:19
198	Patrick A.	Tebbe	Columbia	1822	23	M	25:48	8:19
199	Walter A.	Schroeder	Columbia	1910	58	M	25:49	8:20
200	Douglas	Grouws	Columbia	1902	50	M	25:52	8:21
201	Dennis R.	Miller	Columbia	1743	35	M	25:53	8:21
202	Richard	Seever	Columbia	2387	34	M	25:54	8:21
203	Rogello L.	Bautista	Moberly	1913	53	M	25:55	8:22
204	Bill	Morrison	Holts Summit	2248	21	M	26:01	8:24
205	Kevin W.	Renne	Columbia	2318	39	M	26:02	8:24
206	Matthew D.	Peters	Columbia	2363	34	M	26:05	8:25
207	Bill	Morgan	Columbia	2303	42	M	26:11	8:27
208	Phillip L.	Wise	Columbia	1909	39	M	26:18	8:29
209	Roy R.	Fisher	Esther	1802	51	M	26:21	8:30
210	Van M.	Pounds	Jefferson City	1995	38	M	26:23	8:31
211	John T.	Ollar	Columbia	1811	48	M	26:31	8:33
212	John E.	Alden	Mexico	1955	38	M	26:33	8:34
213	Dana d.	Thompson	Columbia	1763	38	M	26:39	8:36
214	Mike	Heady	Columbia	2275	31	M	26:40	8:36
215	E. Preston	Gee	Columbia	1754	38	M	26:40	8:36
216	Timothy L.	McCulloch	Columbia	2349	38	M	26:41	8:36
217	Bruce	Neff	Columbia	1987	34	M	26:44	8:37
218	Jim	Dockins	Columbia	1749	32	M	26:44	8:37
219	Keith	Gangidino	Columbia	1723	40	M	26:45	8:38
220	Dylan	Smith	Columbia	2206	10	M	26:48	8:39
221	Dan	Smith	Columbia	2209	39	M	26:49	8:39
222	Kevin	Bazat	Columbia	1854	12	M	26:49	8:39
223	Eric J.	Fields	Columbia	2274	12	M	26:50	8:39
224	Thomas J.	Burns	Boonville	2256	51	M	26:51	8:40
225	Donald S.	Baker	Columbia	2285	26	M	26:56	8:41
226	Morteza	Sajadian	Columbia	1937	42	M	26:59	8:42
227	Ali	Saheli	Columbia	2281	31	M	27:00	8:43
228	Jordan	Alexander	Columbia	2378	27	M	27:00	8:43
229	Ronald	Hein	Columbia	2196	35	M	27:01	8:43
230	Frank E.	Gray	Boonville	1752	47	M	27:02	8:43
231	Kevin	Woodland	Columbia	1886	28	M	27:14	8:47
232	Daniel W.	Abshear	Columbia	1753	26	M	27:15	8:47
233	Paul D.	Gieringer	Marshall	1869	37	M	27:17	8:48
234	Aaron M.	Embry	Sedalia	1938	9	M	27:18	8:48
235	Ronald J>	Dunn	Columbia	2226	42	M	27:19	8:49
236	Robert G.	Hankins	Columbia	2332	13	M	27:19	8:49
237	Marvin	Van Leer	Beaufort	1711	56	M	27:19	8:49
238	Bonnard L.	Moseley	Columbia	1912	74	M	27:22	8:50
239	Dennis	Kent	Centralia	2200	45	M	27:25	8:51
240	Jonathan D	Kruse	Columbia	2237	25	M	27:27	8:51
241	Adam	Guy	Columbia	2219	8	M	27:29	8:52
242	J.W.	Sanders	Harrisburg	1975	42	M	27:30	8:52
243	Brian R.	Hurley	Columbia	1982	9	M	27:30	8:52
244	tom	Guy	Columbia	2220	33	M	27:31	8:53
245	Greg a.	Olson	Columbia	1803	34	M	27:34	8:54
246	Robert	Lec	Columbia	1740	60	M	27:38	8:55
247	Stephen	Weddle	Columbia	1774	45	M	27:47	8:58
248	Jim A.	Balmer	Columbia	1728	54	M	27:51	8:59
249	William E.	Trent	Columbia	2307	49	M	27:54	9:00
250	Randy L.	Spotswood	Columbia	1762	36	M	27:58	9:01
251	Todd A.	Bielefeld	Columbia	1927	28	M	27:59	9:02
252	Chris M.	Ihler	Columbia	2279	11	M	28:03	9:03
253	Gregory	DeLine	Hartsburg	1714	34	M	28:07	9:04
254	Ernest R.	Wren	Columbia	1804	31	M	10	9:05
255	John E.	Humpf	Ashland	1814	41	M	:18	9:08
256	Christophe	Hawf	Columbia	1755	40	M	28:24	9:10
257	Mark	Gras	Columbia	1726	31	M	28:31	9:12
258	Forrest J.	Brown	Harrisburg	2238	28	M	28:46	9:17
259	Terry L.	Robb	Columbia	1826	38	M	28:51	9:18
260	Robert D.	Kiesling	Columbia	1985	28	M	28:54	9:19
261	Scott D.	Scholl	Syracuse	1764	16	M	28:57	9:20
262	Ryan T.	Gee	Columbia	1787	14	M	28:58	9:21
263	Chad E.	Sapp	Ashland	2305	17	M	29:00	9:21
264	Daniel J.	Shifley	Columbia	1819	13	M	29:03	9:22
265	Dan J.	Morris	Mexcio	1942	31	M	29:09	9:24
266	Robert K.	Newsom	Fulton	2323	47	M	29:37	9:33
267	Phillip R.	Mueller	Columbia	2316	56	M	29:44	9:35
268	Matthew J.	Baurichter	Columbia	1989	12	M	29:45	9:36
269	Greg A.	Dyer	Fulton	2273	35	M	29:46	9:36
270	Matthew M.	Gee	Columbia	1786	11	M	29:57	9:40
271	Jim C.	Schadt	Columbia	2308	46	M	30:09	9:44
272	Randall	Beier	Columbia	2389	42	M	30:16	9:46
273	Mike L.	Beck	Columbia	1867	42	M	30:17	9:46
274	Adam B.	Maples	Columbia	1882	7	M	30:23	9:48
275	David P.	Johnson	Columbia	1949	43	M	30:43	9:55
276	Tim M.	Staelens	Columbia	2322	31	M	30:45	9:55
277	Adam	See	Columbia	1837	11	M	30:54	9:58
278	David	Fox	Centralia	1708	56	M	31:18	10:06
279	Ross M.	Nichols	Columbia	1878	9	M	31:31	10:10
280	James A.	Heuer	Columbia	2263	26	M	31:35	10:11
281	Shantaram	Bhat	Columbia	2198	41	M	31:36	10:12
282	Scott J.	Gee	Columbia	1794	9	M	31:37	10:12
283	Luke E.	Robison	Columbia	2340	9	M	31:40	10:13
284	Adam L.	Anderson	Columbia	2257	8	M	31:41	10:13
285	Brandon	Cain	Columbia	2369	11	M	32:24	10:27
286	James E.	Bird	Columbia	1756	52	M	32:29	10:29
287	Mark W.	Flett	Columbia	1921	31	M	32:32	10:30
288	Leo	Cloutier	Denton	2394	63	M	32:38	10:32
289	Neal	Randol	Columbia	2188	24	M	32:47	10:35
290	Mark W.	Byrd	Centralia	1860	63	M	33:19	10:45
291	James C.	Stallman	Columbia	1923	51	M	34:05	11:00
292	C. David	Weaver	Columbia	1891	36	M	34:05	11:00
293	Thomas J.	Mitchell	Columbia	2225	25	M	34:09	11:01
294	Jeffrey L.	Gardner	Columbia	2266	26	M	34:15	11:03
295	Joe	Cragin	Columbia	1735	65	M	34:20	11:05
296	Calvin E.	Brown	Columbia	1997	56	M	34:27	11:07
297	Ben P.	Patton	Columbia	1808	6	M	34:51	11:15
298	Eric a.	McAlpin	Columbia	2264	12	M	34:53	11:15
299	Rod C.	Robinson	Columbia	2339	38	M	34:57	11:16
300	Eugene E.	Gerke	Columbia	1875	43	M	35:14	11:22
301	Charles	Sartin	Columbia	2210	24	M	35:43	11:31
302	Stephen R.	Shifley	Columbia	1820	38	M	35:47	11:33
303	Glenn L.	McElroy	Columbia	1884	40	M	35:52	11:34
304	Michael M.	Thomas	Columbia	1880	35	M	35:56	11:35
305	Alan	Jankowski	Columbia	2192	24	M	36:13	11:41
306	Jared	Dehn	Jefferson City	1703	7	M	36:23	11:44
307	Michael F.	Von Beek	Columbia	1900	31	M	36:36	11:48
308	Dale M.	Eberhard	Columbia	2231	31	M	37:04	11:57
309	John W.	Burnett	Jefferson City	1984	49	M	37:35	12:07
310	Michael	Beier	Columbia	2388	10	M	37:52	12:13
311	David S.	Cornwell	Columbia	1971	27	M	38:11	12:19
312	Gary W.	Pickett	Columbia	1828	39	M	38:11	12:19
313	John	Hamilton	Columbia	2298	42	M	38:35	12:27
314	Nathan J.	DeMian	Columbia	1738	9	M	38:40	12:28
315	Steve d.	Lassiter	Sturgeon	2317	21	M	38:54	12:33
316	Russell	Greene	Columbia	2180	52	M	39:04	12:36

317	Harry L.	Enderle	Boonville	1983	43	M	39:19	12:41
318	Timothy D.	Anderson	Columbia	2251	34	M	39:51	12:51
319	Mike a.	Peters	Columbia	2329	10	M	40:12	12:58
320	Robert H.	Peters	Columbia	2328	41	M	40:12	12:58
321	Tom E.	Sandwith	Marshall	1838	38	M	40:18	13:00
322	Leslie	Yates	Columbia	2222	44	M	40:49	13:10
323	Walter L.	Pfeffer	Columbia	1732	38	M	40:51	13:11
324	Michael	Muehlebach	Columbia	2270	11	M	40:51	13:11
325	Lee L.	Elliott	Fulton	1922	62	M	41:01	13:14
326	Trevor M.	Wise	Columbia	1908	11	M	41:03	13:15
327	Nick A.	Duchinsky	Valley Park	2370	10	M	41:16	13:19
328	David S.	Harris	Columbia	1966	27	M	42:13	13:37
329	Paul	Dehn	Jefferson City	1702	38	M	42:24	13:41
330	Lloyd	Reed	Columbia	1704	46	M	42:33	13:44
331	John A.	Langley	Columbia	2310	24	M	42:36	13:45
332	Bradley M.	Gaines	Columbia	2372	11	M	42:40	13:46
333	Michael	Gaines	Columbia	2396	7	M	42:40	13:46
334	Brad	Gaines	Columbia	2373	41	M	42:40	13:46
335	Michael J.	Eberhard	Columbia	2232	7	M	42:44	13:47
336	Steve E.	Baurichter	Columbia	1988	42	M	42:50	13:49
337	Greg	Baumann	Ashland	2399	14	M	43:21	13:59
338	Ed	Lindemann	Columbia	1766	44	M	43:27	14:01
339	Matthew R.	Hampton	Columbia	2296	13	M	43:39	14:05
340	John A.	Guzy	Columbia	1771	65	M	43:43	14:06
341	Martin C.	Peters	Columbia	1737	20	M	44:05	14:13
342	James M.	Swindler	Columbia	1859	29	M	44:23	14:19
343	Barry J.	Steevens	Columbia	1917	48	M	44:38	14:24
344	Harold d.	Bossaller	Columbia	2315	46	M	44:38	14:24
345	Max H.	Miller	Columbia	1919	49	M	44:58	14:30
346	Michael P.	Spears	Columbia	2254	23	M	45:15	14:36
347	Kyle A.	Bray	Columbia	1839	8	M	45:50	14:47
348	Bret	Strand	Columbia	1713	32	M	46:22	14:57
349	Harold M.	Hull	Columbia	1845	46	M	46:58	15:09
350	Frederick	Juettner	Columbia	2267	47	M	47:58	15:28
351	Tom S.	Hurley	Columbia	1981	11	M	48:44	15:43
352	Kyle A.	Miller	Columbia	1744	6	M	49:57	16:07
353	Trevor	Williams	Columbia	2182	13	M	50:28	16:17
354	Martin P.	Ryan	Columbia	2331	45	M	51:52	16:44
355	Ian R.	Schoone	Columbia	1974	10	M	52:46	17:01
356	Anthony R.	Schoone	Columbia	1973	36	M	52:47	17:02
357	Joe M.	Harper	Columbia	1950	8	M	54:28	17:34
358	Donald T.	Pierre	Hartsburg	2361	62	M	55:50	18:01

********* TOTAL MALE FINISHERS 358 **********

WEATHER: 15 Degrees, -21 Wind Chill. COLD!!

No._____

ENTRY FORM

1993 HUMAN RACE - APRIL 24, 1993 - 8:00 AM - COLUMBIA, MISSOURI

ENTRIES MUST BE RECEIVED BY APRIL 21ST

INDIVIDUAL REGISTRATION

Please print participant entry information. NO ENTRY ACCEPTED WITHOUT SIGNATURE ON WAIVER BELOW.

Name (last, first, m.i.):_____/_____/_____

Address_____

City_____State _____ Zip _____ Phone _____

Sex: ☐ F ☐ M Age on 4-24-93_____ Birthday ____/____/____ T-shirt: ☐ S ☐ M ☐ L ☐ XL

Wheelchair Entry: ☐ Y ☐ N

Your best 10k time in the past 12 months- _____:_____

☐ Entry Fee $10 when received by April 14	$_____
☐ Late entry fee $15 when received by April 15-21	_____
☐ $10 Columbia track Club Membership Dues	_____
Total (**Checks payable to: Columbia Track Club**)	_____

Want to become a member of the Columbia Track Club? Just check the box in the entry fee area and enclose the additional amount with your race entry fee. Annual membership dues are $10 per household.

TEAM REGISTRATION

All 3 team member entries must be submitted together. All team members must have same employer.

Employer _____ Team Name _____ Division: ☐ M ☐ F ☐ Coed

Other team members: 1._____ 2._____

WAIVER

I know that running or walking a road race is a potentially hazardous activity. I know I should not enter and run or walk unless I am medically able and properly trained. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running or walking in traffic. I also assume any and all other risks associated with running or walking this event including but not limited to falls, contact with other participants, the effects of weather including heat and or high humidity, and the condition of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to wear headsets during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Columbia Track Club, GTE, Boone Hospital Center, Fitness Underground, Tryathletics, TCBY, Coca Cola Bottling Company, the Curators of the University of Missouri, The City of Columbia, the County of Boone, the State of Missouri, race officials, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen, known or unknown.

The undersigned further grants full permission to Columbia Track Club and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

Applications for minors will be accepted only with a parent's or guardian's signature.

_____ _____/_____/_____

participant signature date

_____ _____/_____/_____

parent/guardian signature (for participants under 18 years of age) date

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
Sat/4-3 9 a.m.	2-person relay altern. qters. (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 886-8686	Faurot Field	Tees, age grouped, team awards
Sat/5-1 8 a.m.	Law Enforcement Run	5-K	$13	Sgt. Eric Meyer	874-7422	East side of Memorial Stad.	
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	449-5655	Hickman track	##
Sat/8-7 7 a.m.	Great Sandbagger	10-K	$3	Roger Turnbough	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	Joe Marks	445-1919	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	Linda Price Joe Marks	443-8081 445-1919	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.

 # 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.

Other selected events:

Sun/4-4 Parkville, Mo., 9 a.m. -- Ted Riegelman Memorial 5K. Contact: Jerry Morrison 816-741-2314.
Sun/4-4 St. Louis (Rock Hill), 9 a.m. -- The Running Center 5K. Contact: 961-2647.
Wed/4-7 St. Louis, 6:15 p.m. -- St. Louis Track Club Road Series 5K. Contact: 781-3926.
Sat/4-17 Columbia (MKT Trail), 8:30 a.m. -- McNair House Run for the Gold, 5K. Entry fee, $9. Contact: Doug Hurt, 884-0451.
Wed/4-21 St. Louis, 6:15 p.m.-- St. Louis Track Club Road Series 5K. Contact: 781-3926.
Sat/4-24 St. Louis (downtown), 7:30 a.m. -- Run, Jane, Run Women's 5K/1M. Contact: 531-9100.
Sun/4-25 Kansas City -- Michael Forbes Trolley 4M. Contact: 913-897-3246 or 816-333-3166.
Wed/5-5 St. Louis, 6:15 p.m. -- St. Louis Track Club Road Series 2M. Contact: 781-3926.
Sat/5-15 St. Louis (downtown), 8 a.m. -- Spirt of St. Louis 10K/3K (prize money). Contact: 781-3926, 768-5325 or 618-537-9500.

NOTE: Anyone with information on any other events of interest should feel free to submit them for inclusion on this list.

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

1993

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 fifth of the month.