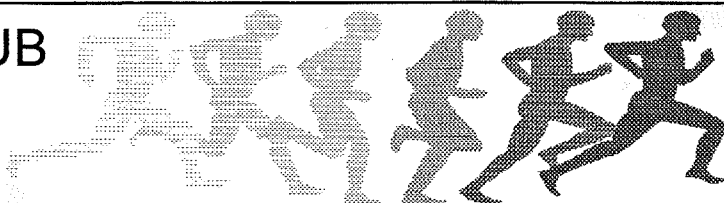


# COLUMBIA TRACK CLUB

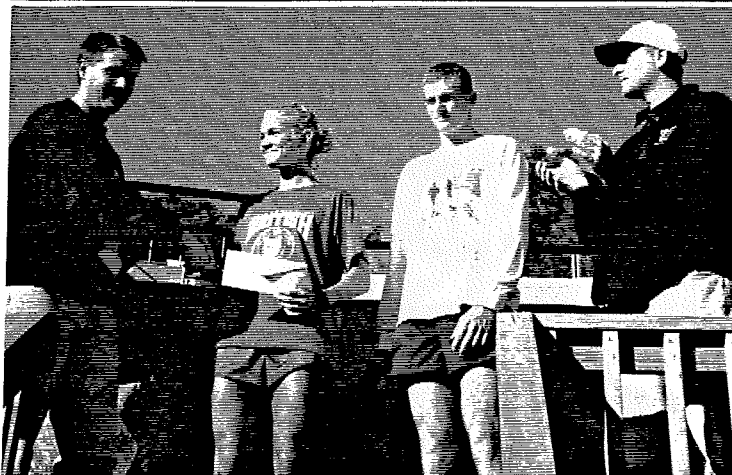
## NEWS

Volume XXXI No. 8

November 1998



### 5th Annual Stadium Run Back at Faurot



Stadium Run winners Anna Gullingsrud and Jared Wilmes

After a four year absence the Stadium Run benefiting Big Brothers/Big Sisters returned to the stadium (Faurot Field) where it all started in the Fall of 1994. Once again big brother Curt Kempf, race originator and co-director, with some help from his little brother Ryan, directed some 231 runners/walkers through this staggered start 5K with his usual smooth efficiency and steady control. And for the fourth time in five years (I wasn't around for the first Run) big brother Scott Dressel, race co-director, with some company from his little brother John, ran the five kilometers at his usual slow, smooth and steady pace in order to collect pledges from sponsors.

October 10, 1998 was the fifth anniversary Stadium Run, which has seen many changes over the years, such as the location of the start/finish line (Rock Bridge High School and Faurot Field), the scheduled time of year (Fall to Spring to Fall again) and the race distance/format (10K vs. 5K with 1 Mile fun run). In all this time however, the proceeds from the Run, as well as money pledged by individual and corporate sponsors, has slowly but surely increased. This year we were looking for a big boost by setting our goal to raise \$5,000 for Big Brothers/Big Sisters of Boone County.

To help make this event grow, for the first time this year the Columbia Track Club teamed up with the MU Alumni Association and the Homecoming Steering Committee as co-sponsors. Extensive planning, organizing, publicizing and good execution by the co-sponsors made the Stadium Run very successful, by most measures, including an excellent course, good runner turnout and volunteer support, local media coverage, great weather and a perfect setting at Faurot Field. Troy Norton, a member of the BB/BS board of directors, presented two gift certificates for running shoes donated by Tryathletics to the top male and female finishers. The next 40 finishers received a BB/BS coffee mug. There were also token awards for the One Mile Fun runners.

Finally, Big Brothers/Big Sisters would like to acknowledge and thank our major corporate sponsors for their support of the 1998 Homecoming Stadium Run: Peckham and Wright Architects, Simon Walther Inc., Questec Corporation, University Chrysler, Union Planters Bank, Tryathletics, 98.3 The Buzz, MU Alumni Association, Missouri Student Association, Homecoming Steering Committee, and the Columbia Track Club.

Scott Dressel, Co-Race Director

(For complete race results, see page 4)

### Kewpies Make State

Hickman junior Matt Tanner lead the Hickman cross country team to a sectional title Saturday at Bethel Park. Matt, with his teammates, edged out second place Jefferson City by nine points. Matt covered the course in 16:06, which set a new Hickman cross country record. The Kewpie team consists of Quentin Malloy (sixth, 16:15), Brady Pittman (eighth, 16:19), Dan Dethrow (18th, 16:32), Rob Hillard (26th, 16:39), and Barry Twenter (29th, 16:41).

Another highlight of the day was the eighth place finish of Rachel Williams for the Lady Kewps. Rachel, who ran the 5k course in 19:24, will be joined by Sara Orbals (19th, 19:46) at the state meet in Jefferson City this weekend.

Good luck Kewpies!!

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

**October 6 & 7, 1973** 100 mile walk: 1. Shaul Ldany, Israel, 19:38:26, 2. Chuck Hunter, Colorado, 21:17:33, 3. John Markon, New York, 21:57:40, 4. John Argo, Canada, 23:18:46. 55 starters, Leonard Busen did 78 1/2 miles, Dave Leuthold, 75, John Leuthold, age 9, did 50.

**October 7, 1973** 2 mile country: 1. Dennis Stewart 10:09, 2. Dean Neal 10:17, 3. Dick Hessler 10:39. . . 6. Ben Londeree 10:45, 7. Mike Chippendale 11:02, 8. Don Granberg 11:12, 9. Whitney Hicks 11:24, and 15 others.

**October 13, 1973** 5 mile run: 1. Stewart 27:51, 2. Neal 28:22, 3. Londeree 28:47. . . 5. Granberg 29:57. . . 8. Hicks 31:05. . . 12. Joe Duncan 33:42, 13. Don Johnson 34:16. . . 15. Doug Duncan, 12, 40:16, 16. John Leuthold, 9, 40:48. 5 mile walk: 1. Augie Hirt 40:48, 2. Charles Geiss 46:59.

**October 27, 1973** The 10,000 meter distance is pretty much standard for female walkers. The very first national championship for women, at that distance, was held on Hickman Track. Winner in 56:19 was Ellen Minkow of Port Washington, NY, and there were 17 other walkers.

**October 27, 1973** Central USA Cross Country Championships: 10,000 meters. CTC got 2nd in both the open and masters races, this event being held in Forest Park, St. Louis. **CTC:** Stewart 34:23, Neal 34:52, Hessler 36:53, Londeree 37:55, Tom Kilburn 38:11. First was the the St. Louis YMCA TC, predecessor to the St. Louis TC. **Masters:** Frazer 39:31, Dick Luecke 44:04, Chippendale 39:06, Tom Hinkleley 39:35, Hicks 39:48. The Tulsa Running Club was first for the Masters.

**October 28, 1973** The next day we had the Senior National 30k Championship on the Leawood Subdivision course. 1. Jerry Brown, CO, 2:28:12, 2. Floyd Godwin, CO, 2:29:47, 3. Dan O'Connor, NY, 2:28:10, 4. Augie Hirt, CTC, 2:39:15, 5. Paul Ide, CTC, 2:41:42, and 21 others, including Dave Leuthold, 14, at 3:01:50.

**November 4, 1973** Region VIII Masters 5 mile cross country: 1. Arnie Richards 29:25. Arnie Richards was the Midwest guru of running. A librarian at K-State, he had no car so would ride a bus or hitch rides to various races. He came to many CTC races staying at his favorite hotel, the Ben Bolt at 9th and Walnut. Arnie died suddenly while out on a run in March, 1979.

**open division:** 1. Charlie Evans 26:53. . . 3. Stewart 27:58. . . 6. Hessler 29:14. . . 9. Londeree 30:05, 10. Granberg 30:43, 11. Hicks 30:56.

**November 17, 1973** 10,000 meter run, Hickman track: 1. Stewart 32:14. . . 4. Hessler 35:20. . . 8. Granberg 36:53, 9. Londeree 37:14, 10. Frazer 38:08. . . 12. Joe Duncan 40:45, 13. Turk Storvick, his CTC debut, 40:51, 14. Don Johnson 42:02.

The 10k walk: 1. Augie Hirt 49:49. . . 3. Charles Geiss 1:00:38, 4. Leonard Busen 1:03:37, 5. Rob Spier 1:06:54, 6. Joyce Schulte 1:17:47.

**CTC Board of Directors**

Dick Hessler, president

Joe Marks

Randy Gay

Michele McFadden

Georgina Gonzalez

Tom Allen, secretary-treasurer

Mark Wilson

Mark Volek

Curt Kempf

The Columbia Track Club Newsletter is published monthly as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

Gary and Amy Gundy, CTC Newsletter editors

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Ph: (573) 874-2407

e-mail: agundy@mail.coin.missouri.edu

**Columbia Track Club  
Scholarship for  
Exercise Science**

The Columbia Track Club has a Scholarship Fund for CTC members who are university students majoring in an exercise science. An award of \$500.00 is made from the interest earned from the Scholarship Fund. The criteria for selection of the scholarship recipient(s) are:

1. Active member of the Columbia Track Club
2. Student in exercise science
3. Attending the University of Missouri
4. Service to the running community.

Applicants should submit a letter to the Columbia Track Club Scholarship Committee documenting his/her qualifications. A letter from the applicant's adviser about his/her qualifications and program of study would satisfy points 2 and 3 above. If the applicant is conducting of planning running-related research, a brief description should be included. The application materials should be submitted to Ben Londeree, 2601 Chapel Wood Terrace, Columbia, MO 65203 no later than November 15, 1998.

A belated, but heartfelt **THANKS** goes to Rick Baer, Cross Country and Track Coach at Rock Bridge, for his help at an aid station during the marathon.

**CTC Web page**

for CTC race schedule and results:


<http://www.coin.missouri.edu/community/rec-center/track/>
**Welcome New CTC Members**

Marian Weaver

Columbia

# CTC Runner Profile



## Tom LaFontaine

Age: 51

### PERSONAL RECORDS:

4:37 mile, 16:11 5-k, 33:28 10-k, 55:10 Ten Mile, 2:31:47 Marathon, (Rocket City Marathon 1983)

**WEEKLY MILEAGE:** In the past, as high as 70-80 per week; now 15-20 + some bicycling, hiking with backpack, weight lifting, indoor equipment (rowing, bicycle, treadmill, and occasional ski machine)

### WHEN DID YOU START RUNNING?

I ran in HS--10 year hiatus while competing in Olympic Weightlifting and Power Lifting, 1963-1973

**WHO IS YOUR RUNNING ROLE MODEL?** This is easy, George Sheehan, MD, Cardiologist, an eloquent advocate for health promotion and disease prevention as well as a good runner; I had the good fortune to have George here as a speaker for our patients at Boone Hospital Center - the opportunity to visit with Dr. Sheehan was certainly a highlight of my life as well as running career.

### WHO HAS INFLUENCED YOU THE MOST?

No one in particular (except for Dr. Sheehan); health and fitness has been a way of life for me.

### DID YOU RUN IN HIGH SCHOOL OR COLLEGE?

I won one track race in HS (mile at 4:49) and placed 2nd or 3rd in 4-5 cross country races (can't remember my

times but ~10:10 mins. I believe for ~a 2 mile course (Who knows for sure what the distance was?), in T&F I was okay at many but master of none. Therefore I actually competed in the 100 (10.6), 220 (23.8), 440 (55.6), 880 (2:13), and mile (4:49); I also did the long jump occasionally (have no idea what I actually jumped, but I really think it was the "short jump" in my case); also actually high jumped a whopping 5'5" and tried the pole vault but could never get myself to "hang on that pole" long enough.

**WHAT IS YOUR FAVORITE WORKOUT?** without question, 7-8 miles in Gans Creek at Rock Bridge State Park

**WHAT IS YOUR FAVORITE TRAINING ROUTE?** again, without question, the trails at RB park; I used to like the Bob O'Connell 8 mile city loop, the Bob O'Connell 5 mile campus loop, and the old Rock Quarry Road, Rte 163, Rte K loop.

**PERSONAL INFO AND INTERESTS:** I met Linda, my wife as of 11-17-95, while doing a track workout at Hearn's in early March of '86 (I'm sure Linda remembers the exact time and date, and believe it or not Hearn's was open for users); hold a permanent national record in the press in weight lifting (330 lbs. at 163 lbs.), set a world record in the squat (531 lbs. at 146.75 lbs.) in '73, won 4 gold medals in the Tournament of the Americas in weightlifting in 1972 in Vera Cruz, Mexico, competed in the '72 Olympic Trials (due to misfortune I was unable to complete the competition that day), and ranked in the Top 10 among combined Olympic and Power Lifters (competitors in both sports) over the past 50 years. Also, in 1987, I won the the National Long Course Biathlon Masters Championships in Palm Springs, CA and placed second by 3 seconds to John Howard (bicyclist of the decade in the 70's) in the Short Course Biathlon Championships in Central Park in Manhattan. Favorite radio show - "Car Talk" and Favorite Cable TV Show (What's Cable anyway?)

**Stadium Run Results Oct. 10, 1998**

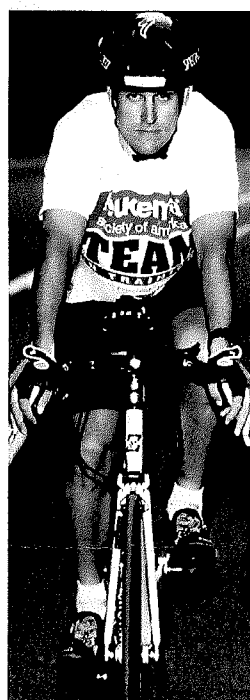
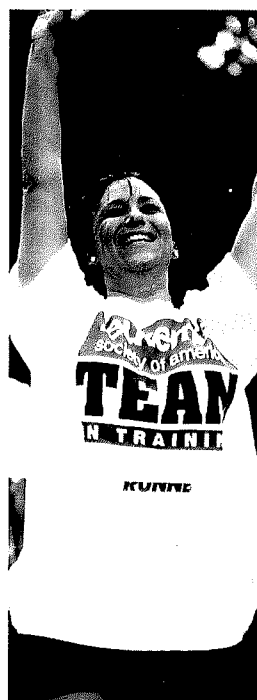
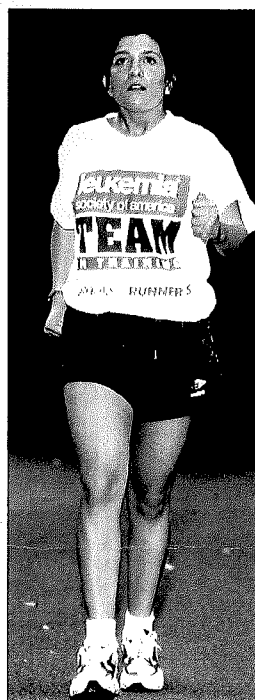
Place	Name	Age	Sex	Actual Time	Handicap
1	Anna Gullingsrud	21	F	17:36.3	3:00.0
2	Jared Wilmes	26	M	15:13.0	0:00.0
3	Jessica Patton	20	F	18:38.5	3:00.0
4	Shane Gillespie	18	M	17:15.4	1:30.0
5	Marc Keys	35	M	16:45.0	0:30.0
6	Tom Lafontaine	51	M	18:54.9	2:30.0
7	Dick Hessler	57	M	19:25.4	3:00.0
8	Luke Robison	15	M	19:44.8	3:00.0
9	Becky Rigel	20	F	19:45.9	3:00.0
10	Christian Reed	28	M	16:55.0	0:00.0
11	Kevin Tyler	42	M	18:39.2	1:30.0
12	Jack Preus	21	M	17:43.2	0:30.0
13	Rae Mohrmann	50	F	22:23.0	5:00.0
14	Jeff Brault	28	M	17:24.7	0:00.0
15	Aaron Aaker	27	M	17:27.5	0:00.0
16	Margaret Shimkus	36	F	20:29.0	3:00.0
17	Jay Hasheider	49	M	20:05.8	2:30.0
18	John Dickey	44	M	19:11.6	1:30.0
19	Anna King	18	F	21:12.4	3:30.0
20	Nicholas Roth	18	M	19:15.0	1:30.0
21	Willy Heinrich	30	M	17:46.1	0:00.0
22	James Jorgenson	37	M	18:51.6	1:00.0
23	Jason Blom	21	M	18:26.0	0:30.0
24	Mark Hope	25	M	18:19.2	0:00.0
25	Andy Comton	21	M	19:01.8	0:30.0
26	Marie Marchbank	28	F	21:15.8	2:30.0
27	Delbert Camp	66	M	23:50.7	5:00.0
28	Rebecca Smith	22	F	21:51.1	3:00.0
29	James Keown	12	M	23:22.1	4:30.0
30	Marty Cassidy	25	M	18:52.3	0:00.0
31	Chris Demoss	30	M	18:53.4	0:00.0
32	Craig Israelson	39	M	19:53.6	1:00.0
33	Robert Simmons	56	M	22:06.8	3:00.0
34	Katie Bihr	19	F	22:37.4	3:30.0
35	Seth Hunziker	22	M	19:38.5	0:30.0
36	Kyle Smith	14	M	22:48.4	3:30.0
37	Richard Jerry	18	M	20:54.2	1:30.0
38	Justin Kenagy	18	M	20:56.0	1:30.0
39	Joe Duncan	64	M	23:56.7	4:30.0
40	Katie Ferguson	18	F	22:58.7	3:30.0
41	Joe Goldfarb	58	M	23:00.4	3:30.0
42	Newell Kitchen	39	M	20:32.5	1:00.0
43	Greg Link	22	M	20:07.1	0:30.0
44	Cary Skelton	23	F	22:37.5	3:00.0
45	Jason Riley	20	M	20:39.0	1:00.0
46	Tina McCloskey	20	F	22:39.8	3:00.0
47	Anna Bryant	19	F	23:11.1	3:30.0
48	Randy Clarkson	46	M	21:42.4	2:00.0
49	Dennis Baggett	33	M	19:44.3	0:00.0
50	Linda Lafontaine	47	F	24:17.3	4:30.0
51	Josh Miller	24	M	19:51.8	0:00.0
52	Nicole Hackett	30	F	22:23.0	2:30.0
53	Tom Hackett	30	M	19:57.5	0:00.0
54	Elizabeth Gerhardt	78	F	36:36.0	16:30.0
55	Mike Licquin	21	M	20:36.6	0:30.0
56	Brad Wright	48	M	22:10.7	2:00.0
57	Clay Farris	29	M	20:14.9	0:00.0
58	Ben Davis	20	M	21:17.4	1:00.0
59	Tony Vespa	18	M	21:50.0	1:30.0
60	Stephanie Scott	24	F	22:56.3	2:30.0
61	Rodney Burbach	32	M	20:27.1	0:00.0
62	Anthony Gonzalez	45	M	22:02.5	1:30.0
63	Hugh Murrell	33	M	20:36.5	0:00.0
64	Liz Straatman	38	F	24:19.1	3:30.0
65	Don Waltman	63	M	25:22.2	4:30.0
66	Reid Forgrave	19	M	21:52.5	1:00.0
67	Jennie Kelly	28	F	23:22.8	2:30.0
68	Jessica Winkler	20	F	23:53.7	3:00.0
69	Jennifer Tyler	13	F	25:54.5	5:00.0
70	Dan Sneider	20	M	21:56.3	1:00.0
71	Julie Huffman	42	F	24:59.1	4:00.0
72	Eric Faber	20	M	21:59.9	1:00.0
73	John Hansen	21	M	21:33.3	0:30.0
74	Elizabeth Johnston	20	F	24:06.1	3:00.0
75	Jean Ann Dymott	20	F	24:20.2	3:00.0
76	Mark Balas	21	M	21:51.0	0:30.0
77	Todd Fuller	30	M	21:25.3	0:00.0
78	Nichol Hurley	21	F	24:25.7	3:00.0
79	Shann Monasterastelli	21	M	22:00.6	0:30.0
80	Tim Cole	20	M	22:33.8	1:00.0
81	Charles Prudhomme	28	M	21:39.4	0:00.0
82	Ryland Rodes	39	M	22:43.2	1:00.0
83	Jalal El-Jayyousi	35	M	22:14.6	0:30.0
84	Wayne Savage	42	M	23:16.9	1:30.0
85	Chris Rendo	21	M	22:17.9	0:30.0
86	Jennifer Seeker	19	F	25:18.9	3:30.0
87	Steve Shimkus	12	M	26:24.5	4:30.0
88	Paul Archambeault	21	M	22:25.0	0:30.0
89	Chris Burke	18	F	25:26.6	3:30.0
90	Amy Gundy	32	F	24:29.6	2:30.0
91	Seth McMenemy	27	M	22:06.1	0:00.0
92	Kristen Welborn	23	F	25:20.0	3:00.0
93	Michael Becktell	43	M	23:55.2	1:30.0
94	Melinda Powell	24	F	25:02.7	2:30.0
95	Craig Kimbel	30	M	22:47.5	0:00.0
96	Scott Dressel	49	M	25:19.6	2:30.0
97	Todd Boyer	22	M	23:20.3	0:30.0
98	Andy Shirkey	29	M	22:53.2	0:00.0
99	Tim Gamboa	22	M	23:23.6	0:30.0
100	Danielle Ess	26	F	25:28.0	2:30.0
101	Allison Ramsey	19	F	26:34.4	3:30.0
102	Tracy Summerfield	33	F	25:37.2	2:30.0
103	Susan Currier	47	F	27:41.8	4:30.0
104	Roger Smith	68	M	28:17.8	5:00.0
105	Craig Miller	28	M	23:22.3	0:00.0
106	Ed Rollins	39	M	24:24.6	1:00.0
107	Tracy Gonzalez	39	F	27:00.4	3:30.0
108	Danny Whiteman	25	M	23:38.4	0:00.0
109	Frank Cunningham	33	M	23:44.3	0:00.0
110	Shann Sievers	33	M	23:45.3	0:00.0
111	Jeffrey Williams	24	M	23:55.3	0:00.0
112	Cole Anderson	4	M	23:56.2	0:00.0
113	Aaron Dotz	23	M	24:01.6	0:00.0
114	Deb Jankowski	45	F	28:37.5	4:30.0
115	Bill Frame	40	M	25:08.4	1:00.0
116	Timoteo Gamboa	56	M	27:11.1	3:00.0
117	Charise Schnipp	23	F	27:12.6	3:00.0
118	Frank Stedem	25	M	24:14.8	0:00.0
119	Christina Aaker	31	F	26:45.7	2:30.0
120	Rebecca Kohrmann	25	F	26:46.4	2:30.0
121	Barney Sword	67	M	29:19.3	5:00.0
122	Carrie Shryock	19	F	27:54.1	3:30.0
123	Jeannie Anderson	21	F	27:28.6	3:00.0
124	Carol Kozich	21	F	27:28.8	3:00.0
125	Jeff Clodi	28	M	24:29.2	0:00.0
126	Heather Moses		F	24:31.0	0:00.0
127	Emily Reid		F	24:31.5	0:00.0
128	Wendy Evans	50	F	29:31.7	5:00.0
129	Hugh Emerson	41	M	25:36.3	1:00.0
130	Donna Dorman	38	F	28:13.7	3:30.0
131	Bill Smull	50	M	27:14.2	2:30.0
132	Dan Davis	42	M	26:16.2	1:30.0
133	Lisa Akers	22	F	27:48.0	3:00.0
134	Stephanie Horner	21	F	27:54.9	3:00.0
135	Emily Sinks	25	F	27:28.8	2:30.0
136	John Johnson	16	M	27:32.3	2:30.0
137	Scott Holdridge	23	M	25:02.7	0:00.0
138	Katie Summers	19	F	28:33.0	3:30.0
139	Jaime Bierk	22	F	28:03.5	3:00.0
140	Katie Sutter	23	F	28:05.6	3:00.0
141	Marvin Van Leer	61	M	29:06.7	4:00.0
142	Brian Skrabal	23	M	25:10.5	0:00.0
143	Erica Shifflett	23	F	28:10.9	3:00.0
144	Amy Lavrich	21	F	28:15.8	3:00.0
145	Gina Muzzy	37	F	28:16.3	3:00.0
146	Nora Hodges	20	F	28:43.7	3:00.0
147	Megan Killeen	20	F	28:45.6	3:00.0
148	Debbie Rodgers	32	F	28:18.4	2:30.0
149	Elizabeth Sharp	24	F	28:19.4	2:30.0
150	Cyndney Rabourn	20	F	28:53.3	3:00.0
151	Jessica Lynch	20	F	28:53.7	3:00.0
152	Kelly Schwab	24	F	28:24.3	2:30.0
153	Erica Glascock	21	F	29:14.0	3:00.0
154	Rip Horsey	26	M	26:14.3	0:00.0
155	Chris Serris	23	M	26:14.5	0:00.0
156	C. Douglas Shull	28	M	26:15.0	0:00.0
157	Richard Otto	49	M	28:48.5	2:30.0
158	Katrina Pon	21	F	29:28.9	3:00.0
159	Rebecca McCathren	43	F	30:37.8	4:00.0
160	TJ Lewis	38	M	27:38.1	1:00.0
161	Jill McCloskey	19	F	30:14.4	3:30.0
162	Kelly Smith	13	F	31:59.0	5:00.0
163	Pamela Price	30	F	29:34.6	2:30.0
164	Amy Fretz	28	F	29:35.0	2:30.0
165	Geoff Spencer	21	M	27:39.9	0:30.0
166	Suzanne King	40	F	31:13.3	4:00.0
167	Melea Shimkus	9	F	33:48.1	6:30.0
168	Amy Garb	20	F	30:21.6	3:00.0
169	Jeff Riley	21	M	27:51.8	0:30.0
170	Martha Brendel	33	F	29:53.5	2:30.0
171	Dana Fritz	32	F	29:53.7	2:30.0
172	Debora Sanford	24	F	30:12.0	2:30.0
173	Russ Boyd	18	M	29:12.2	1:30.0
174	Ginger Anderson	44	F	31:45.1	4:00.0
175	Mickey Belosi	50	F	32:48.9	5:00.0
176	Diana Bartosik	19	F	31:20.6	3:30.0
177	Phillip Hogan	20	M	28:51.0	1:00.0
178	John Mideroff	21	M	28:40.9	0:30.0
179	Kip Myers	21	M	28:41.3	0:30.0
180	Elizabeth Swanberg	19	F	31:55.6	3:30.0
181	Jennifer Scharer	19	F	31:56.5	3:30.0
182	Kim Watson	25	F	30:56.7	2:30.0
183	Jason Green	25	M	28:27.1	0:00.0
184	Abby Moorhead		F	28:29.7	0:00.0
185	Mary Jo Fisher	18	F	32:05.6	3:30.0
186	Christine Fisher	21	F	31:37.0	3:00.0
187	Jessica Moelm	18	F	32:09.3	3:30.0
188	Mark Flanegin			28:49.4	0:00.0
189	Kristy Wallis	20	F	31:52.4	3:00.0
190	Suzanne Flanegin			29:16.9	0:00.0
191	Carly Schwandt	10	M	35:28.4	5:30.0
192	Doug Schwandt	41	M	30:58.7	1:00.0
193	Jennifer Mast	22	F	33:10.3	3:00.0
194	Dane Wilson	9	M	36:15.4	6:00.0
195	George Appleman	45	M	32:11.0	1:30.0
196	Elaine Kaufhold	18	F	34:13.8	3:30.0
197	Dylan Carter	29	M	30:56.1	0:00.0
198	Mike Graham	28	M	30:56.5	0:00.0
199	Karen Smith	43	F	35:10.7	4:00.0
200	Mary Patton	57	F	39:23.2	7:00.0
201	Kelly Christian	19	F	36:08.2	3:30.0
202	Jennifer Clark	19	F	36:23.2	3:30.0
203	James Hollis	26	M	32:53.6	0:00.0
204	Brandy Wright	26	F	35:28.0	2:30.0
205	Scott Thompson	19	M	33:58.1	1:00.0
206	Courtney Rush	20	M	34:14.8	1:00.0
207	Patti Wayman	19	F	36:45.3	3:30.0

(Continued on page 5)

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- \*Grandma's Marathon, Duluth, MN – June 19, 1999

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Monday, December 14  
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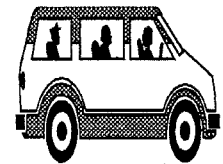
## 1998 Columbia Track Club Schedule

11/7	7:30 a.m.	Runner's Choice 10k or 20k	**	Joe Marks, 445-1919	Holiday Inn Executive Center	Drawing for prizes
11/15	1:30 p.m.	CTC/Sedalia/Jeff City Cross Country 5k	**	Michele McFadden, 449-1760 Marc Keys, 445-2635	Bethel Park	Team and individual prizes
12/5	8:30 a.m.	Jingle Bell Run 5k and 1 mile walk	\$10	Randy Gay, 814-2627 (evenings) 815-3706 (days)	University Hospital	Awards
12/12	8:30 a.m.	Cheese and Sauerkraut 10-miles	**	Jay Hasheider, 449-7009	Strawn Road	Walkers, 8:30 a.m. Runners, 9:00 a.m.

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

## Out-of-Town Events

- November 07 Quivering Quads 10k/1/2 marathon/50k/50mile, Troy, MO, (314) 939-0161  
 21 Run for the Third - The Dogwood 8k, Sedalia, 9 am, (660)827-0274  
 22 SLTC Marathon Relay (4 person teams), Forest Park, 8 am, (314) 781-3926  
 Gobbler Grind Marathon/ 1/2 Marathon, Overland Park, KS, 8 am, (913) 469-4090  
 26 Turkey Trot 5 mile/5k Fun run, Sedalia, 8 am, (660) 827-0274  
 Gobble Wobble 4 mile, Chesterfield, 8:30 am, (314) 537-4000  
 Turkey Day 6M/3M, Kirkwood Farmer's Market, 8:30 am,  
 (314) 963-5656  
 28 Alton River Road 10 miler, Alton, IL, 10 am, 1-800-AltonIL



(Continued from page 4)

208 Lindsay Holwick	19 F	37:04.7	3:30.0
209 Cindy Thomas	38 F	37:04.9	3:30.0
210 Kerry Thomas	39 M	36:30.0	1:00.0
211 Allison Hood	23 F	38:32.8	3:00.0
212 George Prieditis	57 M	43:43.1	3:00.0
213 Michelle Prieditis	19 F	44:14.6	3:30.0
214 Diane Prieditis	56 F	47:15.0	6:30.0
215 Suzanne Wright	48 F	45:55.7	5:00.0
216 Christina Steinbecker	25 F	44:05.5	2:30.0
217 Melinda Hawks	25 F	44:06.8	2:30.0
218 Andrew Marks	22 M	42:16.3	0:30.0
219 Nickie North	22 F	44:46.9	3:00.0
220 Christine Keown	40 F	45:54.9	4:00.0
221 Lisa Stevens	39 F	45:38.0	3:30.0
222 Meredith Meadows	22 F	46:01.3	3:00.0
223 Fritz Piepmeier	23 M	43:43.4	0:00.0
224 Diana DeMoss	27 F	46:18.7	2:30.0
225 Mindy Woodworth	21 F	46:48.8	3:00.0
226 Kristen Temple	34 F	47:41.5	2:30.0
227 Diana Temple	25 F	47:41.7	2:30.0
228 Martha Davis	15 F	49:49.0	4:30.0
229 Angie McMenemy	27 F	49:31.8	2:30.0
230 Carmela Gamboa	50 F	52:02.2	5:00.0
231 Marcy Athon	21 F	50:38.0	3:00.0

The Columbia Track Club Picnic was held on October 11, 1998. Picnic goers enjoyed barbecued turkey and beef provided by Sutton's, and various goodies supplied by CTC members. A brief meeting followed the meal.



## CTC Membership Application

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

Members of family at this address and their birthdates:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. For \$30.00 you can become a member of CTC **and** subscribe to *Missouri Runner*, Missouri's premier running magazine. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC

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