

COLUMBIA TRACK CLUB

NEWS

Volume XXXII No. 8

December 1999



Jingle Bell Run Attracts Huge Crowd



Due to outstanding weather, a change in date and location, attendance went from 188 to 424 runners and walkers on November 20, 1999 for the Jingle Bell 5K. I am always humbled with all the help I receive with the race considering the extra busy time of the year. Thanks to Steve Stonecipher-Fisher for the layout and design of the course. Thanks for Steve and Kim and their fine staff for the use of Tryathletics and their assistance in the registration and the data entry, especially the day of the race. Thanks to Scott Dressel, Joe Duncan, Colin Doggett, Jay Hasheider, and of course Tom Allen for all of their help at the finish line. With all of the changes this year, I will welcome any comments for improvements for 2000. For those who ran or walked: e-mail me @ rgay@bjcmail.org. Thanks to ALL who ran, walked or contributed in some way to the Jingle Bell 5K.

—Race Director Randy Gay

(For complete results, see page 4 and 5)



CTC Wins X-C Meet

The annual cross country race is turning into one of the most competitive events on the CTC calendar. Just like last year, the early pace was fast with some very fit high school runners setting the pace. Never far from the front was Kent Lang, patiently waiting for the early pace setters to fall off. Fall off they did, but to Kent's surprise Jeff Brault pushed him all the way to the finish. On the women's side, Angela Woodland led from start to finish to beat second place finisher, Amy Gundy, by over a minute.

On the team competition side, Jefferson City sought to recapture the team title they captured two years ago. The Columbia Track Club was confident that they could defend their title that was earned in Jefferson City's absence last year. The scores were close, but CTC won with a score of 32 points to Jeff City's 38. Sedalia took third with 68 points.

—Race Director Marc Keys

(For complete results, see page 6)

As mentioned in previous newsletters, the Columbia Track Club was awarded the 1999 Platinum Organization Award by the Governor's Council on Physical Fitness and Health. Several track club members were treated by the Governor's Council to a buffet and then the MU Homecoming game. Pictured above is State Treasurer Bob Holden, CTC Newsletter Editor, Amy Gundy, and Executive Chairwoman, Naomi Cupp after the presentation before the Homecoming game. The plaque, as well as an engraved Rawlings football, are on display at Tryathletics. The track club was commended on leadership in health and fitness. This is a much-deserved tribute to the members who have made our organization into a club for the new millenium.

25 years ago**Looking Back****By Joe Duncan****Holiday Notes****October 19, 1974** Senior National 30k walk:

1. Larry Young 2:30:26 (8 minute miles!), 2. Augie Hirt 2:33:47, 3. Domingo Colin, Mexico 2:37:50, 4. Paul Ide 2:41:25. . . 11. Dave Leuthold 3:10:07. . . 13. Rob Spier 3:17:43

October 12, 1974 8 Mile Run: 1. Rick Katz 43:19, 2. Dennis Stewart 43:20, 3. Dick Hessler 46:10, 4. Ben Londeree 47:31, 5. Don Granberg 48:36. . . 8. Don Lewis 50:10, 9. Turk Storvick 50:17

October 26, 1974 Region 8 Masters Cross Country Run: 5 miles 1. Ben Londeree 29:52, 2. Turk Storvick 31:29. . . 4. Joe Duncan 35:20 The Open Race: 1. Charlie McMullen 28:35, 2. Dick Hessler 28:52. . . 5. Don Granberg 30:22, 6. Whitney Hicks 30:38

November 2, 1974 Two Mile Cross Country 1. Dennis Stewart 10:05, 2. Rick Katz 10:14, 3. Dennis Hinkamp 10:34, and 21 others

November 23, 1974 10,000 meters 1. Katz 32:22. . . 3. Rich Todd 35:15, 4. Hessler 35:17, 5. Dean Neal 35:39. . . 7. Londeree 36:13 (age 40!) 8. Don Lewis 36:21, 9. Granberg 36:39, 10. Hicks 36:55

December 7, 1974 MVAAU 30 kilo run: 1. Rick Katz 1:44:30, 2. Rick Callison 1:44:48, 3. Charlie McMullen 1:47:15. . . 11. Dick Hessler 1:52:11. . . 14. Ben Londeree 1:56:19 (MVAAU Masters Record)

December 21, 1974 First annual Holiday Cheese and Sauerkraut Ten Mile Run: Ben Londeree won the cheese for being the closest to his predicted time, only four seconds off, while Dennis Stewart got the sauerkraut for being 2 1/2 minutes off. Rick Katz had the fastest time of the day at 53:46, 2. Tom Logan 55:37, 3. Stewart 56:29, Hessler 56:55, Londeree 59:04, and 12 others.

CTC Board of Directors

Dick Hessler, president	Tom Allen, secretary-treasurer
Mark Wilson	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Curt Kempf
Amy Gundy	Jay Hasheider
Marc Keys	Linda LaFontaine

The Columbia Track Club Newsletter is published 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

411 Maplewood Dr., Columbia, MO 65203

Ph: (573) 874-2407

e-mail: gundy@tranquility.net

CTC web page: ctc.columbia.missouri.org

Volunteers Needed: The BEAT THE CLOCK 5K (see insert), held on New Year's Eve, is looking desperately for volunteers! We promise a good time, food, and festivities. Free button to First Night Columbia activities provided for all volunteers. Please call Cindy Buck at 491-4130 (evening) or 884-3327 (day) if interested.

Need a Christmas gift idea? Joe Duncan has published a 340 page book, "40 Years of the Heart of America Marathon." This book contains every performance of every person who has ever completed a Heart of America Marathon, giving the person's time, place, place in age group if 40+, date of birth, and hometown. The book gives complete results, each year, first three finishers, each year, all sub-3:00 performances in ranked order, sub 3:30 40+, sub 5:00 female, age records, top 20 half-way splits, first and second halves, top 10 half-way splits 40+ & female, three mile splits top six performances, number of finishers by age groups and by time categories, each year, multiple completions, states represented, the Schulte Award winners, complete weather statistics, each year. There is some narrative: a Foreword by Bill Clark, an article by Hal Higdon, and an interview with Joe Schroeder by Joe Marks. The Appendix contains a course map, the mile locations, and logos from the ten previous years. The book can be had for \$25.00 plus \$4.00 if it has to be mailed. Order from Joe Duncan or you can review the book at Tryathletics and order a copy from Steve. This book is for everyone who has ever run the Heart of America Marathon. It would make a great Christmas gift for your marathon runner—it has a green cover.

Welcome New CTC Members

Oscar Chavez

Tony Cognate

Michelle Lynchard

David White

Columbia

Columbia

Columbia

Chamois

CTC Runner Profile



Scott Mantooth

Age: 37

PERSONAL RECORDS: 5k-14:39, 10k-30:26 on track in college; 1/2 marathon-1:10:19, all many moons ago! Currently: 5k-16:19, 10k-33:30

WEEKLY MILEAGE: 45-50 miles per week

WHEN DID YOU START RUNNING? Competitively since sophomore year in high school. Enjoyed running in grade school, mainly ran sprints until high school.

WHO IS YOUR RUNNING ROLE MODEL?

WHO HAS INFLUENCED YOU MOST IN RUNNING? I have several. Van Rose, my high school coach, taught me how to be a good runner and the discipline it takes to succeed. Richard Clark, my college coach, became a guiding force in my life helping me to grow as a young adult and transfer what I learned as a runner to life in general. All the good friends I have met in running have influenced me a great deal.

DID YOU RUN IN COLLEGE OR HIGH SCHOOL? I ran at Shawnee Mission Northwest in

Shawnee, Kansas. State Championship Team 1977 X-C; All-State X-C: Junior and senior year, 3rd place both years; All-State Track: 3200m, 2nd place 1980. Southwest Missouri State: NCAA Division II X-C All-American 1981-19th. Numerous All-Conference awards in 5k and 10k in track and x-c in MIAA and Mid-Continent Conferences.

WHAT IS YOUR FAVORITE WORKOUT? During X-C I always enjoyed fartlek training. I enjoy 4x800 meters with 400 jog.

WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA? MKT Trail from Downtown to various mile markers along the route depending on the length of my workout.

PERSONAL INFO AND INTERESTS: Married-wife, Brenda, son-Joshua-10, and daughter- Sara-6. I've been a member of CTC for 3-4 years. I have really enjoyed the CTC newsletter and all the positive people that belong. I would like to thank Mark Wilson for helping me resume my running after a three year layoff and the encouragement and training advice from Steve Stonecipher-Fisher. I look forward to working with CTC in the years to come. Of course the support and encouragement from my wife, Brenda! As we all know, it isn't always easy living with a runner!

*Happy Holidays to all CTC members,
and may next year be your best running year yet!*

Jingle Bell 5k Nov. 20, 1999															
1. Tom Hofeditz	20 M	17:38	62. Michelle Kuebler	23 F	23:46	123. Paul Peterman	51 M	26:33	185. Bill Henderson	41 M	29:08				
2. Steve S-Fisher	42 M	17:51	63. Mickie Doran	26 F	23:53	124. Janell Ward	24 F	26:35	186. Barney Sword	68 M	29:08				
3. Lucas McMillen	18 M	18:10	64. Tori Thiel	24 F	23:54	125. Jim Sandfry	58 M	26:43	187. Laura Wells	59 F	29:09				
4. Jason Havey	15 M	18:32	65. Kris Hagglund	37 F	23:58	126. Paul Schneider	31 M	26:46	188. Mike Heaviland	10 M	29:01				
5. Joshua Johnson	24 M	18:48	66. Tyler Horner	15 M	24:03	127. John Cassels	45 M	26:47	189. Will Robinson	48 M	29:13				
6. Dan Dethrow	19 M	18:52	67. Marena Tomicki	30 F	24:04	128. Rosemary Woods	45 F	26:48	190. Marty Fridgen	24 F	29:15				
7. Daniel Hall	33 M	19:03	68. Jennie Kelly	29 F	24:11	129. Jay Wood	42 M	26:49	191. Ann Rouse	39 F	29:18				
8. Mark Volek	44 M	19:05	69. Charles Lind	52 M	24:14	130. Tom Highland	52 M	26:52	192. Janet Sievel	41 F	29:25				
9. David Myers	16 M	19:39	70. Jacob Dillon	12 M	24:15	131. Katie McGarock	0 F	26:53	193. Dee Holder	0 F	29:37				
10. Scott Beauchamp	35 M	20:04	71. Keith Essmyer	29 M	24:16	132. Debra Fields	44 F	26:54	194. Sheila Holder	42 F	29:38				
11. Dick Hessler	58 M	20:11	72. Jill Videto	25 F	24:21	133. Bob Hall	38 M	26:55	195. Angela Whitehair	29 F	29:41				
12. John Grotzinger	17 M	20:17	73. Keith Dent	37 M	24:23	134. Eric Sherron	28 M	27:04	196. Skip Bazat	48 M	29:41				
13. Tom Brinker	30 M	20:25	74. Chuck Archer	36 M	24:28	135. Karen Garrison	45 F	27:08	197. Clinton Muzzy	9 M	29:42				
14. Andy Compton	22 M	20:28	75. Michael Kemper	13 M	24:29	136. Kathy Seay	47 F	27:09	198. Gina Muzzy	38 F	29:48				
15. Patrick Hanson	15 M	20:30	76. Kevin Kemper	42 M	24:30	137. Denise Boessen	39 F	27:12	199. Marcia Krech	52 F	29:50				
16. John Frost	24 M	20:37	77. George Faust	44 M	24:33	138. Molly Storey	27 F	27:13	200. Ian Thomas	37 M	29:51				
17. Dan McLamore	39 M	20:38	78. Chris Harris	33 M	24:33	139. Marvin Mack	47 M	27:14	201. Kyle Gibson	32 M	29:51				
18. Chris Carlson	28 M	20:52	79. Odell Newkirk	43 M	24:34	140. Chris McGavock	45 M	27:14	202. Mindy Powell	20 F	29:52				
19. Hugh Murrell	34 M	20:55	80. Burke Bindbeutel	17 M	24:38	141. Jerry Hackett	39 M	27:15	203. Jenna Rose	27 F	29:53				
20. Tara Flynn	29 F	20:59	81. Anne Kome	30 F	24:40	142. Mary Long	35 F	27:16	204. Tina Bridges	32 F	29:55				
21. Joe Tonnies	31 M	21:00	82. Chris Viers	39 M	24:41	143. Alan Curtis	28 M	27:29	205. Lori Pezold	24 F	30:09				
22. Richard Wieman	49 M	21:04	83. Jeff Wells	41 M	24:43	144. Pam Edson	55 F	27:31	206. Melissa Nelson	37 F	30:10				
23. Andy Shirkey	31 M	21:18	84. Matt Tanner (course error)			145. Chris Robert	29 M	27:32	207. Deborah Hale	34 F	30:11				
24. Chris Harris	9 M	21:29		17 M	24:44	146. Don Waltman	64 M	27:33	208. David Lopez	9 M	30:12				
25. Roger Turnbough	42 M	21:39	85. Warren Krech	49 M	24:45	147. Marty McCromick	29 F	27:34	209. Andrea Woods	53 F	30:15				
26. Richard Nistendirk	59 M	21:41	86. Bill Morgan	49 M	24:51	148. Greg Garcia	28 M	27:35	210. Faviola Lopez	41 F	30:13				
27. Nathan Francis	16 M	21:44	87. Kari Jennings	13 F	24:51	149. Michelle Garcia	25 F	27:36	211. Ian Faust	12 M	30:14				
28. Matt Waterman	26 M	21:46	88. Jean Prior	53 F	24:57	150. Ramona Mack	39 F	27:37	212. Ellen Thomas	35 F	30:15				
29. Anthony Mattan	33 M	21:50	89. Erika Ringdahl	35 F	25:05	151. Diana Brekke	13 F	27:38	213. Dan Heaviland	38 M	30:15				
30. Chuck Sattler	36 M	21:55	90. Hugh Emerson	42 M	25:06	152. Amber Home	10 F	27:39	214. Tiffany Harris	10 F	30:16				
31. Tom McAreavy	37 M	22:03	91. Kara Jenning	13 F	25:09	153. Pam Conway	51 F	27:40	215. Lyn Woolford	46 M	30:16				
32. Rusty Crawford	30 M	22:07	92. Don Corwin	42 M	25:11	154. Dan Peterson	23 M	27:41	216. Bill Bales	38 M	30:17				
33. Phil Walsh	36 M	22:14	93. Lisa Burger	37 F	25:12	155. Scott Holdridge	24 M	27:41	217. Amy Fretz	29 F	30:17				
34. Marty Glaude	33 M	22:16	94. Mike Henry	53 M	25:14	156. Pam Price	31 F	27:43	218. Chris Carpenter	52 F	30:20				
35. Ryland Rodes	40 M	22:20	95. Verne Horne	42 M	25:15	157. Stephanie Reid	28 F	27:45	219. Stacy Glover	29 F	30:23				
36. Burton Heller	28 M	22:21	96. Darin Pries	29 M	25:19	158. Jenny Dockery	27 F	27:47	220. Cathy Carpenter	46 F	30:31				
37. Simon Rose	33 M	22:22	97. Tom Tisone	33 M	25:21	159. Tom VanSciver	11 M	27:56	221. Phyllis Barks	43 F	30:33				
38. Christy Lewis	22 F	22:23	98. Cathy Rupard	44 F	25:24	160. Jennifer Pomajzi	22 F	27:58	222. Kathy Hanson	45 F	30:37				
39. Sharon Stemmons	26 F	22:24	99. Steve Elder	38 M	25:26	161. Tomas Tomicki	35 M	27:59	223. Carolyn R-Schreiber	42 F	30:38				
40. Loren Gorrell	30 M	22:33	100. Julie Huffman	43 F	25:29	162. Dale Marshall	39 M	28:03	224. Carol Thiel	52 F	30:38				
41. Briana Proctor	11 F	22:39	101. Amy Gundy	33 F	25:31	163. Peter Fields	44 M	28:12	225. Ann Beasley	43 F	30:39				
42. Lisa Wells	36 F	22:47	102. Eric Rusenhauer	41 M	25:32	164. Sherry Hall	37 F	28:21	226. Tina Hall	27 F	30:44				
43. Jimmy Keown	13 M	22:48	103. Ed Hanson	44 M	25:34	165. Danielle Ess	27 F	28:22	227. Kay Black	29 F	30:48				
44. Robert Hemmelgarn	15 M	22:49	104. Elaine Foster	47 F	25:38	166. Pat Gruber	47 M	28:28	228. Dawn McGavock	17 F	31:06				
45. Jill Duncan	22 F	22:51	105. Megan Lien	23 F	25:42	167. Audrey Sharp	8 F	28:29	229. Kelly Bettorf	29 F	31:07				
46. David Munns	24 M	23:00	106. Aileen Gallagher	12 F	25:45	168. Dorothy Andrae	42 F	28:30	230. Kevin Mathis	29 M	31:11				
47. Dean Hargett	33 M	23:02	107. Briane Gallagher	12 F	25:46	169. Rachael Dillon	10 F	28:31	231. Tom Mallory	47 M	31:12				
48. Phillip Mueller	62 M	23:02	108. Kathy McLaughlin	24 F	25:49	170. Donna Dorman	29 F	28:40	232. Sharon Acton	48 F	31:14				
49. Kurt Kennett	31 M	23:11	109. Liz Straatman	29 F	25:51	171. Jill Baxter	46 F	28:43	233. Emma Nichols	51 F	31:15				
50. Nancy Taube	39 F	23:15	110. Dan Kliethermes	43 M	25:53	172. Lou Harris	40 M	28:44	234. Linda Huskey	37 F	31:19				
51. Julie Reuschel	26 F	23:17	111. Lauren Dent	12 F	25:57	173. Lauri Hamilton	36 F	28:46	235. Joan Stack	34 F	31:19				
52. Collin Hierferlin	12 M	23:22	112. Sheila Huddleston	31 F	26:01	174. Allison VanSciver	13 F	28:52	236. Darcy Graham	24 F	31:28				
53. Cindi Heese	36 F	23:25	113. Tina VanHorn	27 F	26:03	175. Jan VanSciver	52 F	28:53	237. Chris McGraw	51 F	31:29				
54. Angela Woodland	32 F	23:28	114. Jeff Bazat	14 M	26:04	176. Sara Jones	35 F	28:57	238. Lori Wood	37 F	31:30				
55. Christine King	33 F	23:31	115. John Fougere	34 M	26:05	177. Susan Robinson	45 F	28:57	239. Mary Kiesling	33 F	31:31				
56. Cari Gardner	34 M	23:37	116. Richelle Daniel	22 F	26:08	178. Donna Pavlick	47 F	28:58	240. Brian Johnson	10 M	31:33				
57. Jay Connell	35 M	23:39	117. Doug Botcher	53 M	26:11	179. Eileen Sharp	38 F	28:59	241. Mike Hoeflerlin	52 M	31:38				
58. Mary Mouw	30 F	23:41	118. Carl Myers	66 M	26:15	180. Whitney Hamilton	8 F	29:00	242. Judy LeTourneau	55 F	31:52				
59. Tamica Rice	13 F	23:42	119. Ian McLeod	13 M	26:17	181. Jessica Threlkold	27 F	29:00	243. Debrah Carr	44 F	31:54				
60. Heather Horne	13 F	23:43	120. Don Ballenger	57 M	26:20	182. Chris McCullough	27 F	29:02	244. Kayla Baker	12 F	32:00				
61. Ed Rollins	40 M	23:45	121. Daniel Lopez	11 M	26:24	183. Tom Threlkold	27 M	29:05	245. Barbara Howard	34 F	32:01				
			122. Stephanie Tanner	11 F	26:26	184. Janet Brandt	48 F	29:07							

(Continued on page 5)

(Continued from page 4)



246. Bill Morgan	42	M	32:12	283. Joshua Dillon	8	M	34:11	326. Andrea Parton	10	F	40:15
247. Brendon Mattis	25	M	32:15	284. Timothy Dillon	41	M	34:13	327. Molly Hovak	11	F	40:18
248. Susan Gemming	39	F	32:16	285. Marcia Smith	59	F	34:14	328. Megan Ankeney	11	F	40:19
249. #500	—	—	32:18	286. Kim Kimbrough	28	F	34:23	329. Pam Brown	41	F	40:20
250. Olivia Baker	7	F	32:19	287. Joni O'Connor	61	F	34:24	330. John Ankeney	39	M	40:36
251. Laura Mathes	30	F	32:21	288. John O'Connor	66	M	34:27	331. Debbie Lacy	43	F	40:39
252. Sally Swanson	49	F	32:21	289. Amy Schlichting	27	F	34:28	332. Kathy Maxey	44	F	40:53
253. Michael Hyde	25	M	32:22	290. Carrie Springer	27	F	34:29	333. Susan Sappington	27	F	40:55
254. Molly Morgan	43	F	32:23	291. Jodi Bales	33	F	34:30	334. Aimee LeTourneau	28	F	40:56
255. Leah Skinner	28	F	32:24	292. Michelle Price	25	F	34:30	335. Lois T. King	66	F	41:47
256. Kathy Dempsey	34	F	32:25	293. Karen James	26	F	34:31	336. Laura Dillon	41	F	41:48
257. Stephen Bush	46	M	32:26	294. Bob Swanson	49	M	34:32	337. Doris Linhardt	58	F	42:24
258. Mark Dempsey	37	M	32:27	295. Maria Morrison	23	F	34:46	338. WW Wolkoff	61	M	42:29
259. Rana Jones	27	F	32:28	296. Tina Workman	30	F	34:48	339. Jani Holt	33	F	42:43
260. Sarah Schlindwein	22	F	32:29	297. Jarnail Dhalia	32	M	34:49	340. Ann Rosenkoetter	34	F	45:30
261. Nancy Fritsch	60	F	32:29	298. Amy Thomas	22	F	34:57	341. Donna Wiz	33	F	47:39
262. Rhonda Parton-Remy	40	F	32:50	299. Lauren Towns	10	F	34:59	342. Delee Leach	29	F	47:40
263. Pam Lanham	39	F	32:51	300. Michele Towns	41	F	35:01	343. Jill Gamlin	31	F	48:57
264. Cory Hoferlin	11	M	32:52	301. Wendy Mullen	35	F	35:04	344. Paula Heaviland	39	F	49:45
265. Donna Hosp	27	F	32:55	302. Lori Hagglund	40	F	35:06	345. Sharon Boland	35	F	49:46
266. Charles Mangone	39	M	32:55	303. Cyndy Chapman	49	F	35:07	346. Jim Chapman	58	M	50:45
267. Brooke Shannon	18	F	32:56	304. Kimberly Adam	30	F	35:08	347. Zach Wiemer	10	M	50:46
268. Jackie Curtis	28	F	33:02	305. Chris Adam	31	M	35:17	348. Mary Wiemer	41	F	51:24
269. Leslie Yates	50	F	33:03	306. Chelsey Morgan	11	F	35:20	349. Carolyn Prewitt	49	F	51:27
270. Marie Real	38	F	33:04	307. Arthur Ankeney	9	M	35:36	350. Jennifer Prewitt	26	F	51:37
271. Annette Humphreys	27	F	33:07	308. Karen Hines	27	F	35:37	351. Michael Prewitt	49	M	52:23
272. Griffin Humphreys	7	M	33:11	309. Linda Vogt	52	F	36:01	352. Charlene Roberts	46	F	52:25
273. Lisa Waterman	38	F	33:23	310. Valerie Fick	32	F	36:23	353. Todd Ankeman	31	M	52:29
274. Barb Henderson	37	F	33:57	311. Larry Fick	58	M	36:25	354. Bob Schaal	38	M	52:30
275. Valerie Massman	34	F	34:00	312. Ann Nichols	38	F	36:26	355. Jennifer Sikich	18	F	56:10
276. Rod Massman	34	M	34:02	313. Steve Lassiter	28	M	36:38	356. Blake Edwards	17	M	56:13
277. Ashleigh Ohmes	35	F	34:05	314. Harold Burton	30	M	36:44				
278. David Boyd	25	M	34:06	315. Melisse Voight	30	F	36:45				
279. Kari Schmaderer	23	F	34:07	316. Staci Riley	30	F	37:29				
280. Vickie Parker	41	F	34:09	317. Andrea Montgomery	32	F	37:30				
281. Rachal Ascai	25	F	34:09	318. Rochelle Sherman	47	F	37:32				
282. Kyle Hops	29	M	34:10	319. Howard Hutton	34	M	37:37				
				320. Jerrilee Robinson	43	F	37:38				
				321. Melissa Wright	24	F	37:39				
				322. Paul Mullins	42	M	38:40				
				323. Jason Powell	27	M	39:33				
				324. Patricia Halferty	34	F	39:47				
				325. Elizabeth Gerhardt	79	F	39:48				



CTC Represented Well . . .

- ♦ Christian Reed writes: "CTC had a good showing at Sedalia's "Run for the 3rd" 8K. We went 2-3-5, with Christian Reed (27:06), Mark Wilson (28:10), and Stephen Bourgeois (29:17) trailing Kent Lang (25:42)." In addition, Christian and Stephen ran in the Chicago Marathon in October. Christian ran 2:57:49 and Stephen ran 3:06:39.
- ♦ Bob Dolphin, a longtime CTC member who now resides in Washington, wrote about his latest marathons. He ran the Portland Marathon on October 3 in 4:15:47 and the Royal Victoria Marathon on October 10 in Victoria, British Columbia in 4:02:45. An amazing fact is that Bob had just turned 70 years old that same month! On October 17 Bob ran the Spokane Marathon in 4:17:48, and then ran a 4:04:55 in San Jose, California two weeks later on October 31.

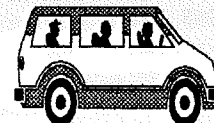
1999-2000 Columbia Track Club Schedule

12/11	9 am	Cheese and Sauerkraut 10 miles	**	Jay Hasheider, 449-8045	Strawn Road	Awards
1/8	2 pm	Couples Run/Walk 4 miles, individuals welcome	**	Dick Hessler, 874-2906	Bethel Park	Male-Female teams, dinner awards
2/5	9 am	Nut Race 5k	**	Dick Hessler, 874-2906	Reactor Park	Edible awards
3/18	8 am	St. Patrick's Day 5k		Scott and Paula Rubinstein, 446-8325	Courthouse Square	Long sleeve t-shirts, awards

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

Out-of-Town Events

December	12	Marathon Relay, St. Louis, 8am, (314) 781-3926
	18	Kris Kringle 5k Cross Country, Swope Park, Kansas City, (816) 871-5669
January	16	Topeka to Auburn Half Marathon, Topeka, KS, (785) 234-5458
February	6	Groundhog 5k and 10k, Kansas City, (816) 751-2314
	20	Third Olympiad Marathon and 10k, St. Louis, (314) 434-9577
March	26	Sedalia Half-Marathon, (660) 827-0274



Cross Country Results Nov. 14, 1999

1. Kent Lang	16:27	17. Nate Smith	18:58
2. Jeff Brault	16:34	18. Kevin Tyler	19:04
3. Karl Gilpin	16:48	19. Don Archer	20:08
4. Tim Langen	16:54	20. Dick Hessler	20:28
5. Kevin Caryl	16:58	21. Dan Hooley	20:48
6. Christian Reed	17:03	22. Tom May	21:35
7. Chad Carroll	17:10	23. Darrin Young	21:35
8. Dieter Myers	17:11	24. Mike Baker	22:51
9. John Bardwell	17:16	25. Dean Stover	23:02
10. Lucas Kunce	17:31	26. Jalal El-Jayyousi	24:12
11. Travis Holtmeyer	17:38	27. Angela Woodland	24:34
12. Dwayne Johnson	17:54	28. Jim O'Dell	24:45
13. Aaron Aaker	17:55	29. Chris Viers	25:22
14. Rod William	18:04	30. Amy Gundy	25:40
15. Jerry Holtmeyer	18:17	31. Stephanie Tanner	30:03
16. Steve Bourgeois	18:30	32. Marvin Van Leer	30:43



Runner's Choice Nov. 6, 1999

10k Results:

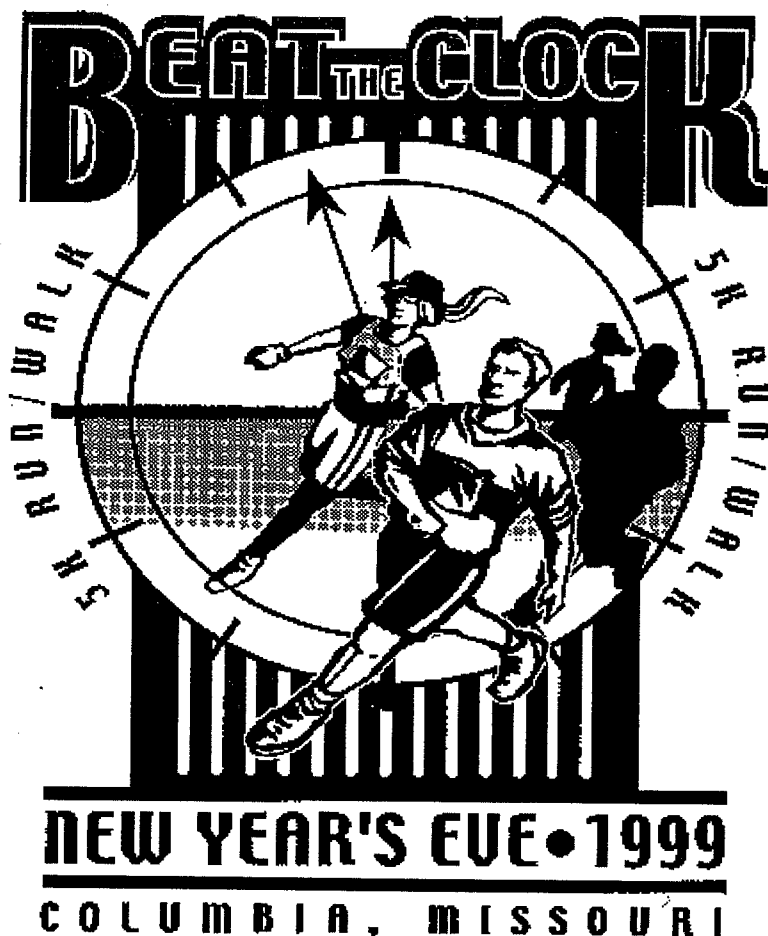
1. Steve Fisher	38:52
2. Spencer Dudley	40:11
3. Newell Kitchen	42:44
4. Adam Saba	43:09
5. Jeff Borengasser	43:47
6. Oscar Chavez	44:39
7. Dean Stover	48:32
8. Shawn Sieggele	48:53
9. Jalal El-Jayyousi	48:57
10. Jim O'Dell	51:57
11. Angela Woodland	55:49
12. Chris Viers	56:41
13. John Cassels	58:32
14. Denise Bickel	1:00:19
15. Boots Gerhardt	1:27:41

20k Results:

1. Steve Bourgeois	1:20:14
2. Craig Israelson	1:23:25
3. Art Bentley	1:28:48
4. Larry Klutrukampe	1:45:15
5. Lisa Burger	1:53:12

I would like to thank my race volunteers: Joe Duncan, Scott and Brenda Mantooth, Paula, Kelsey, and Dane Wilson. We had a great turnout and great weather. Thanks!

Race Director Mark Wilson



A SPECIAL EVENT OF FIRST NIGHT-COLUMBIA

START: 10:30 p.m. at corner of Locust and 9th St., Columbia, MO.

REGISTRATION: 9:00 p.m. at *Shakespeare's Strollway Center, 9th St.*

ENTRY FEE: \$13.00 (includes long-sleeved t-shirt)

ENTRY DEADLINE: December 23, 1999

DAY OF EVENT: \$16.00

★All entries will be entered in a raffle for prizes from local businesses★

AWARDS for 5K run: Top 3 male and female runners.

SPECIAL PRIZES for the most **ELABORATE** and the best **NEW YEARS EVE THEME HATS**; Runners and walkers welcome to enter!

Age-category results (Age classes: 10-15, 16-20, 21-30, 31-40, 41-50, 51-60, 60+) will be posted by Jan 2nd, 2000 on the FIRST NIGHT 2000 COLUMBIA web site listed below.

At 11:30, Join the FIRST NIGHT 2000 festivities in a procession to the Boone County Courthouse square for the finale of FIRST NIGHT 2000.
STAY TO WATCH THE BALL DROP AND FIREWORKS AT MIDNIGHT!

FOR INFORMATION:

Call 573-491-4130

(ask for Cindy or Dave Buck)

OR

visit the FIRST NIGHT 2000 website

<http://digmo.org/~newyear/>

Name: _____ Age: _____

Address: _____ Sex: _____

Phone: _____

Event: 5K Run _____ 5K Walk _____

of Participants: _____

Amount Enclosed: _____

MAKE CHECKS PAYABLE TO: Beat the Clock 5K

Please mail to: Beat the Clock 5K Run/Walk

Cindy Buck, Race Coordinator

317 CR 398, New Bloomfield, MO 65063

UNIVERSITY OF MISSOURI
TRACK & FIELD OFFICIALS ASSOCIATION
2000 HOME MEET SCHEDULE FORM

Indoor Meets

January 14 Missouri Invitational _____
(Missouri, Wichita State, Arkansas women)

January 22 Missouri Invitational _____
(Kansas, Indiana St., SMS)

February 19 All Comers _____

Outdoor Meets

March 31, April 1 Missouri Relays _____

April 14, 15 Tom Botts Invitational _____

May 6 Missouri Invitational _____

May 19, 20, 21 Big XII Championships _____

Event Codes: HJ, PV, LJ, TJ, Shot, Hammer, Discus, Javelin,
Umpire, Finish, Timer, Referee, Clerk

This provides the Association with a working list for
certified and well-qualified officials to officiate the
events requested. Please sign up for each meet and list the
event, by priority, you would like to work.

Please return to:

Keith Smith
2515 Braemore Rd.
Columbia, MO 65203
(h): 573 445-0694
(w): 573 443-2511, ext. 3177
E-mail: nates@gte.net

OR Joe Duncan
2980 Maple Bluff Dr.
Columbia, MO 65203

Name:

Address:

Phone #:

E-mail:

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	_____ \$15.00 dues
P.O. Box 1872	_____ \$40.00 "Silver Card" membership
Columbia, MO 65205	_____ \$30.00 CTC member PLUS MO Runner

COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872
Columbia, MO 65205

FORWARDING SERVICE
REQUESTED

Non-profit organization
U.S. Postage
PAID
Columbia, MO
Permit #226

Joyce Schulte
1102 Broadway Street
Audubon, IA 50025-1424

12/00

2000 Columbia Track Club Schedule

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
1/9	2 pm	Couples Run/Walk 4 miles, Individuals welcome	**	Dick Hessler, 874-2906	Bethel Park	Male-female teams, dinner awards
2/5	9 am	Nut Race 5-K	**	Dick Hessler, 874-2906	Reactor Park	Edible awards
3/18	8 am	St. Patrick's Day 5-K	\$10	Scott & Paula Rubinstein, 446-8325	Courthouse square	Long-sleeve T-shirts, awards
3/25	8:30 am	CTC 15-K Run	**	Joe Duncan, 445-2684	Holiday Inn Exec. Center	Awards
4/1	9 am	Two-Person Relay 5 miles, alternate 400s	**	Chuck Sattler, 446-4816	Hickman Track	Age-grouped, awards
4/8	8:30 am	Joe Marks Memorial Human Race XXII 5 mile	\$12	Dana Fritz, 445-5484	Reactor Park	T-shirts, awards, proceeds to benefit the CTC Joe Marks Youth Scholarship
4/29	10 am	Show-Me Stampede 5-K Entry fee also covers the Show-Me State Games 5k on July 25.	\$15	Joe Duncan, 445-2684	Reactor Park	T-shirts, barbeque
5/6	8 am	Law Enforcement Run for Special Olympics 5K	\$15	Randy Boehm, 874-7404	East side of Faurot Field	T-shirts, awards
5/13	8 am	Spring Couples Run/Walk 4 miles; Individuals welcome	**	Amy Gundy, 874-2407	Bethel Park	Male-female teams, dinner awards
5/29	10 am	WellAware 5-K	\$10	Mark Volek, 874-0278	WellAware on Peachtree	T-shirts, awards
6/13	7 pm	Summer All-Comers Track	**	Marc Keys, 256-2635	MU Track	Details to follow
6/14	6 pm	Summer Youth Program #	\$1	Tom Allen, 449-5655 Linda LaFortaine, 442-2581	MU Track	Awards
7/8	7 pm	Distance Medley 3,000, 1,500, 800	**	Marc Keys, 256-2635	MU Track	Awards
7/23	8 am	Show-Me State Games 5-K (Track & Field July 15, 16; Triathlon July 16)	\$15	Joe Duncan, 445-2684	East side of Faurot Field	No qualifying required
8/5	7 am	Great Sandbagger 5 miles	**	Roger Turnbough, 445-1225	Mill Creek/Nitong Blvd.	Staggered start, based on predicted time; awards
9/4	6 am	Heart of America Marathon	\$20	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center	40th annual, T-shirts, awards
9/23	8 am	One Hour Run	**	John Patton, 443-1636	MU Track	Awards
10/7	8 am	M.U. Homecoming Stadium Run 5-K/1-mile fun run to benefit Big Brothers/Big Sisters	\$10	Scott Dressel, 751-9203 / 696-3384 Curt Kempf, 446-2878	Faurot Field	Staggered start based on age/sex; Awards to top 30 finishers, t-shirts
11/4	9:00 am	Runner's Choice 10-K or 20-K	**	Mark Wilson, 443-5171	Holiday Inn Exec. Center	Awards
11/12	1:30 pm	CTC/Sedalia/J.C. Cross Country 5K	**	Marc Keys, 256-2635	Bethel Park	Team and individual competition
11/20	8:30 am	Jingle Bell Run for Arthritis 5K	\$10	Randy Gay, 814-2627 or 815-3706	Tyathetics	Jingle bells, awards
12/9	8:30 am	Chessee & Sauerkraut 10-M	**	Jay Hasheider, 449-8045	Strawn Road	Awards

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

The Summer Youth Program runs every Wednesday for 6 weeks starting June 14.

Columbia Track Club

If you run, jog, or walk. . .
the Columbia Track Club
is for you!

CTC offers a year-round program of events for people of all ages.

Our aims: health, fitness, and fun.

We are a feel-good club. Usually, we run-jog-walk just for our own good, and we have plenty of activities for that indulgence.

But as a club, we do a lot of other nice things:

- ◆ **Summer Youth Program.** The six-week program stresses personal improvement for kids ages 4-16. Held from early June through July each year, it attracts almost 200 youngsters for running and walking events (ranging from 200 meters to 3 miles) and field events.
- ◆ **Scholarships.** CTC awards \$500 scholarships to one CTC member boy and girl from each local high school each year. The scholarships are funded by club memberships, club-sponsored events, and private donations. The club also awards scholarships to University of Missouri exercise science students.
- ◆ **Community good will.** CTC lends a helping hand to several hospitals and charitable organizations, including the Junior Olympics, Big Brothers/Big Sisters of Boone County, and the Arthritis Foundation.

What's in it for you

- ◆ As a member, you will receive a monthly newsletter highlighting the activities of the club and listing area running and walking events.
- ◆ Awards are presented to individuals for their participation and achievement.
- ◆ Free entry in nine CTC races.
- ◆ Limited funding is available to members for traveling expenses, as approved by the CTC Board of Directors. Funding is also available for education conducted by U.S.A. Track and Field.
- ◆ Discounts are offered at some local sporting goods stores to CTC members.

Information

Want to know more? Call Dick Hessler, CTC president, at 874-2906. Or visit our CTC web page at: ctc.columbia.missouri.org

Our showcase events:

- ◆ St. Patrick's Day 5K, in March
- ◆ Joe Marks Human Race, in April
- ◆ Heart of America Marathon, the nation's fifth oldest, Labor Day
- ◆ MU Homecoming Big Brother/Big Sister Stadium Run, a 5-K with a staggered start based on age and sex, with a 1-mile Fun Run for kids, in October

See the 2000 schedule on the other side.

The Club

Established in 1968, the CTC is a not-for-profit organization that supports the competitive and recreational athlete. We are a member of the Missouri Valley Association of U.S.A.

Track and Field, the governing body of track and field, racewalking, and distance running. The Columbia Track Club was awarded the 1999 Governor's Fitness and Health Leadership Platinum Organization Award which recognized the club's focus on youth and community involvement.

To join

Annual dues are \$15, which covers all family members in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC scholarship fund.

Please fill out this membership form and mail it with the annual dues to:

CTC, P.O. Box 1872, Columbia, MO 65205

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Birthdate: _____

Family members at this address and birthdates: _____

