

COLUMBIA TRACK CLUB

NEWS

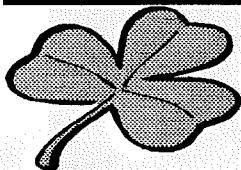
Volume XXXII No. 2

March 1999



St. Patrick's Day 5k Run/Walk

March 13, 1999



With 728 entrants, and the expectation of 4-6 inches of snow on the ground for race morning, I decided to show up and make any necessary decisions 30 minutes before the start. What a nice surprise to wake up and find that "chicken little" had struck and we were going to have a very respectable race morning.

Set-up began at 6:30 with Mark Volek, Randy Gay, Curt Kempf, and a number of other generous volunteers showing up to help us complete the finish area and work with packet pick-up. At 7:30 I called our volunteers meeting to order and the Rock Bridge and Hickman teams, the Nikken team, and a number of individuals took their race assignments. So far, pretty smooth sailing for what could have been a difficult event.

8 a.m. came and we moved to the 10th street starting area. I looked over the participants and felt that maybe 250 had shown up. (Final race tally was 545 finishers! Maybe that's why I've never won anything by guessing how many beans are in the jar!? With "runners set" and "go," they were on their way. In the men's race we had a repeat winner from last year in Randy Starr, and in the women's race his wife, Sue Starr, finished first! Pretty good running for the Jeff City couple. Two very nice people; but I'm going to encourage Columbia to get a little more competitive!

Special Thanks to Columbia Regional Hospital for their support, both financial and otherwise, for this event. They fund our youth summer track program with this one event, and it is very much appreciated. Also, KPLA radio again worked with us to provide race coverage, the sound system, and food and drink at the finish/awards area. I'd finally like to thank coaches Rick Baer (Rock Bridge) and Steve Kissane (Hickman) for gathering volunteers to work this event. Without volunteers none of our events could be held.

—Race Director Steve Stonecipher-Fisher

15,000 Meter Run

March 20, 1999

1.	Scott Mantooth	36	53:19	13.	Karen Derrick	f 38	1:17:42
2.	Steve Bourgeois	35	57:44	14.	Phil Walsh	35	1:19:50
3.	Don Archer	31	57:52		(He started some 5 minutes late.)		
4.	Chris Neal	23	1:01:30	15.	Kevin Woodland	34	1:20:10
5.	Antoinette Marsh	f 32	1:09:59	16.	Allen Dougherty	48	1:23:43
6.	Lisa Burger	f 36	1:13:33	17.	Don Ballenger	57	1:25:54
7.	Becky Cull	f 29	1:14:23	18.	Gina Muzzy	f 37	1:28:25
8.	Lisa Wells	f 35	1:14:37	19.	Kathy Wipple	f 30	1:28:31
9.	Dan Wright	28	1:14:41				
10.	J.P. Palmer	f 34	1:16:35				
11.	James Jorgenson	38	1:17:31				
11t.	Julie Reuschel	f 26	1:17:31				

Thanks to TCBY for the waffle cone certificate awards and to Mike Henry and Jeff Wells for their finish line help.

—Race Director Joe Duncan



Our sympathy, thoughts, and prayers go to Rob Spier on the death of his wife, Veva. Veva was one of our most stalwart helpers at the finish line for many, many years. She was there on many a bitter cold day and was one of the few people to put in 24 hour timing stints for the 100 mile walk. We will pay tribute to Veva in the next issue.

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

March 9, 1974 One Mile Run: 1. Dennis Stewart 4:24. . . 10. Don Lewis 5:11, 11. Don Granberg 5:19, 12. Whitney Hicks 5:21, 13. Turk Storvick, 45, 5:32, and 16 others.

3 Mile Walk: 1. Augie Hirt 23:47, 2. Dave Leuthold 29:07, 3. Rob Spier 30:36. . . 5. Joyce Schulte 35:24, 6. John Leuthold, 9, 38:44.

March 23, 1974 *The Event in Which We Learned to Never Cancel a CTC Event:* A Two-Person Six Mile Relay was scheduled for Hickman track. It was apparent that because of a crippling six inch snowstorm we had to cancel and we did. However, at the scheduled 2:00pm start I got a phone call from Dennis Stewart, in from Higginsville. He, Dean Neal, Rex Frazer, in from Ft. Wood, and Tom Kilburn were at the track wondering where everyone was. These incorrigible runners were determined to run. So they did—indoors. The only indoor facility they could fine was the balcony of the old Columbia College gym. They ran 75 laps around that balcony, completing 3 miles (they think). 1. Stewart 17:15, 2. Kilburn 18:10, 3. Neal and Frazer 19:08. CTC has never canceled an event since then.

The next day we did 5 laps on the old Cosmos Park .6 mile loop: 1. Kilburn 15:52, 2. Mike Chippendale 16:52, . . . 4. Hicks 18:48. . . 6. Joe Duncan 20:07. Dave Leuthold walked in 28:09 and Rob Spier in 31:42.

March 21, 1974 In a historic Executive Committee meeting it was decided to have an age group development program in the summer. The format: Six Wednesday evenings at Hickman track with 440, 880, mile, 2 or 3 mile runs, and a mile walk with emphasis on development and participation. This program continues to this day, virtually unchanged, and probably has been the most significant thing we have done. The CTC Colts program came from this and hundreds of youngsters have been involved with many of them going on to compete on the high school and college level. At those first 1974 Wednesday evenings, the Hessler family was present and heavily involved. Eight year old Amy was there and has never left, nor have Mom and Dad!

CTC Board of Directors

Dick Hessler, president	Tom Allen, secretary-treasurer
Mark Wilson	Georgina Gonzalez
Randy Gay	Mark Volek
Michele McFadden	Curt Kempf

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:

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CTC web page: ctc.columbia.missouri.org

**WANTED:****Volunteers for races**

If you're sitting around wondering what to do on a Saturday morning, why not volunteer for a CTC event?!! Race directors welcome any help offered; no experience necessary! Volunteers are needed immediately for the Human Race, April 17. Please support your track club and call a race director today!



Enclosed is a revised race schedule. There are many changes in race directors, and even a few dates have been changed. Please refer to this schedule and not the old one for the most current information.

And a big **THANK YOU** to all the people who attended our meeting in February and volunteered their time and talents as race directors.

WARNING! WARNING! WARNING!

Please check your newsletter mailing label. If the date is highlighted in green on your newsletter label then this will be your last newsletter for 1999. We want to keep you as a member, so if you'd like to continue receiving this news-worthy publication, please pay your dues!!

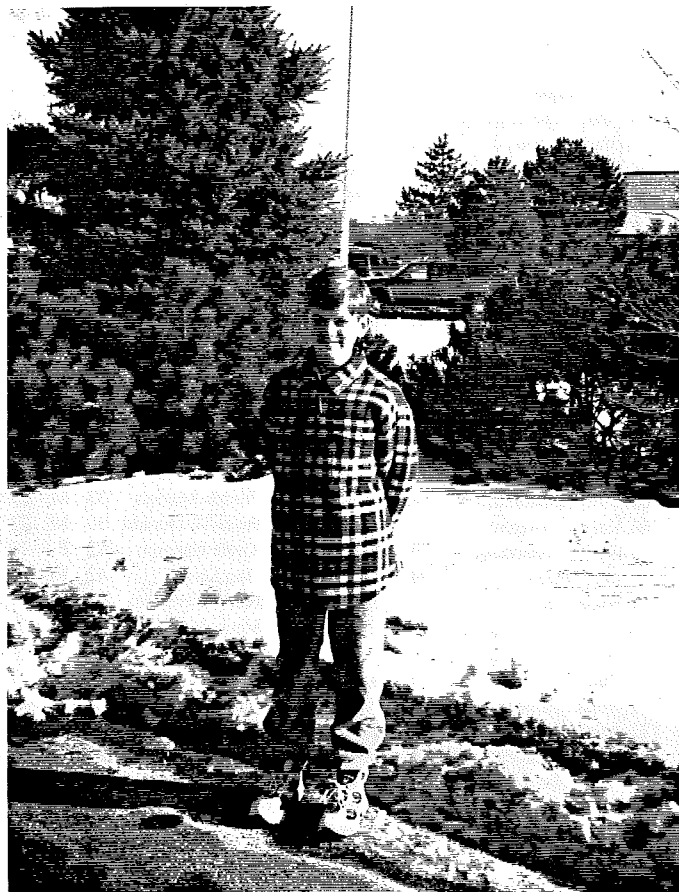


Is anyone interested in have an organized group interval speed workout 1/week? I am looking for runners in the range of approximately 6-7 min/mile target race pace. A typical workout might consist of 6-8x800 either on the KT trail or track. Interval repeats may range from 400's up to 2 miles. The plan would be to have a consistent time and meeting place each week. Contact Antoinette Marsh (874-3840, marshae@missouri.edu) if interested.

Welcome New CTC Members

Michael Dill	Columbia
Lewis Jett	Columbia
David Johnson	Columbia
Kollin King	Columbia
Alan Marshall	Columbia
Chris McGavock	Columbia
Suky Mortenson	Columbia
Julie Palmer	Columbia
John Richardson	Kirksville
Dan Schoenleber	Columbia
Chris Wipple	Columbia
Jay and Rosemary Wood	Columbia

CTC Runner Profile



Jimmy Keown

Age: 12

PERSONAL RECORDS:

5k—22:45, 10k—48:33

WEEKLY MILEAGE: 4 miles off-season. During season around 10 miles, sometimes more if an upcoming run.

WHEN DID YOU START RUNNING?

I started when I was 9.

WHO IS YOUR RUNNING ROLE MODEL?

Michael Johnson

WHO HAS INFLUENCED YOU THE MOST?

The person who has influenced me most in running is Coach Hessler because he is a great runner and has taught me almost everything. I can't wait until he gets back from Sweden.

DID YOU RUN IN HIGH SCHOOL OR COLLEGE?

I haven't been there yet but I want to go to Notre Dame.

EVENTS, AWARDS, and HONORS:

4x400 = 5:18 (2nd place)

Show-Me State Games 400m, 2nd place, 1:05

Jingle Bell Run 22:44, 1st place in age group; Turkey Thanksgiving Run, 1st place in age group; Mark Welch meet record, 400m 1:11 and CCS [Columbia Catholic School] record for 5th graders; Oktoberfest 10k, 48:30, 1st place in age group; 19 1st place ribbons in CTC summer meets.

WHAT IS YOUR FAVORITE WORKOUT? 200m + 400m then a 800 + 1600 + 800 + 400 + 200 + 100

WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA? Katy Trail

PERSONAL INFO AND INTERESTS: I like to watch road races, play sports, play baseball and basketball

Two-Person 5 Mile Relay

March 27, 1999

Six teams took advantage of the nearly perfect weather and participated in this year's Two-Person Relay. The race was held on Saturday March 27 at the Hickman High School Track.

Aaron Aaker and Jeff Brault were the winning team with a record time of 23:51. The previous record was 24:36 set by Dick and Pete Hessler in 1996. Aaron and Jeff averaged just over 71 seconds for each 400 meter lap. That's moving along at a pretty good clip and is a pace that will challenge future participants. James Jurgenson and Dan Wright came in second with a time of 29:12. The rest of the teams were closely matched with Amy and Gary Gundy squeaking out third place in a friendly competition.

The Two-Person Relay has a unique format where the two team members alternate running every 400 meters through a total

distance of 8K. Participants received gift certificates to the Chesapeake Bagel Bakery.

Thanks to Bill Williams, Rachel Williams, Sarah Williams and Joe Duncan for helping time the race. More detailed race results can be found on the CTC web site.

Placing Team Members

	Time
1 Aaron Aaker, Jeff Brault	23:51
2 James Jurgenson, Dan Wright	29:12
3 Amy Gundy, Gary Gundy	34:08
4 Angela Woodland, Kevin Woodland	34:13
5 Carolyn Wilson, Bill Wilson	35:23
6 Mike Henry, Paul Schneider	36:03

—Race Director Chuck Sattler

St. Patrick's Day 5k

St. Patrick's Day 5k				
Place	Name	Age	Sex	Time
1	Randy Starr	34	M	15:27
2	Christian Reed	28	M	16:38
3	Scott Mantooth	36	M	16:43
4	Jeffrey Brault	29	M	16:43
5	Marc Keys	36	M	17:19
6	Chad Carroll	27	M	17:21
7	Frank Koeh	34	M	17:24
8	Mark Wilson	37	M	17:25
9	Aaron Aaker	27	M	17:32
10	Stephen Bourgeois	35	M	18:03
11	Chris Cook	27	M	18:19
12	Tyson Stockglauser	19	M	18:30
13	Chris Neal	23	M	18:32
14	Michael Kelty	41	M	18:36
15	Darrin Young	32	M	18:51
16	Denny Schrock	45	M	18:56
17	Kevin Tyler	43	M	18:58
18	Matthew Lucy	38	M	19:08
19	Chris Demoss	31	M	19:13
20	Mike Tripp	40	M	19:18
21	Jason Blom	21	M	19:18
22	Aaron Wyatt	19	M	19:37
23	Craig Israelsen	39	M	19:38
24	Philip Schaefer	45	M	19:45
25	Eric Walker	31	M	19:51
26	Cesar Mello	33	M	19:53
27	Chris Hogerty	28	M	19:59
28	Clay Farris	30	M	20:00
29	Tom Hackett	31	M	20:01
30	Scott Skinner	19	M	20:02
31	Marty Cassidy	26	M	20:05
32	Greg Womack	33	M	20:06
33	Peter Pastoret	46	M	20:10
34	James Jackson	26	M	20:13
35	Alan Marshall	35	M	20:13
36	Mardy Eimers	40	M	20:14
37	Craig Johnston	43	M	20:14
38	Craig Kimbel	30	M	20:22
39	Justin Kenagy	18	M	20:24
40	Hugh Murrell	33	M	20:29
41	Joe Tonnies	31	M	20:30
42	Armand Guizeriz	40	M	20:32
43	Sue Starr	27	F	20:36
44	Michael Halferty	40	M	20:49
45	Newell Kitchen	39	M	20:50
46	Tom Davis	46	M	20:51
47	Bobby Hall	37	M	20:56
48	Marie Marchbank	29	F	20:56
49	James Walls	32	M	20:58
50	Charles Prudhomme	28	M	21:06
51	Uwe Lochner	33	M	21:06
52	Tom Collier	48	M	21:09
53	Steve Hemmann	39	M	21:13
54	Donald Granberg	57	M	21:15
55	Hunter Bevis	20	M	21:17
56	Greg Albright	14	M	21:30
57	Jordan Cox	11	M	21:34
58	Amy Woods	26	F	21:35
59	Jay Hasheider	50	M	21:39
60	Joseph Lunsford	21	M	21:39
61	Kirby Finders	44	M	21:41
62	Phil Walsh	35	M	21:49
63	Roger Turnbough	42	M	21:52
64	Scott Riesselman	20	M	21:53
65	Paul Michaletz	41	M	21:54
66	Zac Schlader	15	M	21:54
67	Lisa Wells	35	F	22:02
68	Cary Skelton	23	F	22:03
69	Craig Schatz	18	M	22:05
70	Anthony Gonzalez	45	M	22:06
71	Tim Freeman	27	M	22:07
72	Raymond Sapp	52	M	22:09
73	Andrea Czarnik	21	F	22:11
74	Rusty Crawford	29	M	22:14
75	John Elliott	14	M	22:14
76	Bradley Wright	49	M	22:15
77	Melissa Pagan	20	F	22:16
78	Ryland Rodes	39	M	22:18
79	Brendan Coyne	16	M	22:20
80	Jim Hussey	46	M	22:22
81	Lynn Hagen	30	F	22:24
82	Patrick Doll	15	M	22:30
83	Steven Graves	52	M	22:32
84	Danny Whiteman	26	M	22:34
85	Chris Janku	46	M	22:36
86	Becky Mokrohisky	29	F	22:39
87	Christy Tharenos	28	F	22:39
88	Mary Jesaitis	17	F	22:40
89	Jenny Evans	17	F	22:40
90	Carter Twitty	15	M	22:40
91	James Mcinvalle	43	M	22:41
92	Walter Peters	41	M	22:42
93	Dan Billington	39	M	22:49
94	Heather Hradel	27	F	22:50
95	Robert McGowan	32	M	22:54
96	Boni Wager	48	F	22:55
97	James Keown	12	M	22:56
98	Robert Simmons	57	M	22:59
99	Jeff Clodi	29	M	23:00
100	Anne Janku	42	F	23:01
101	Linda Hodges	50	F	23:01
102	Crystal Aholt	28	F	23:02
103	Robert Patton	13	M	23:05
104	Dan Pugh	34	M	23:08
105	Gary Peel	41	M	23:09
106	Clifford Mckisson	31	M	23:10
107	JP Palmer	34	F	23:13
108	Dasi Schlup	49	F	23:22
109	Peter Wilden	44	M	23:23
110	Clayton Cheney	38	M	23:26
111	Jim O'Dell	55	M	23:28
112	Joe Goldfarb	58	M	23:31
113	Dale Harmon	42	M	23:33
114	Lisa Burger	36	F	23:34
115	Jennifer Kelly	28	F	23:34
116	Elizabeth Tanner	13	F	23:36
117	Steven Taylor	15	M	23:38
118	James Smith	32	M	23:39
119	Bean Boudreaux	26	M	23:40
120	Jennifer Marrero	26	F	23:41
121	Maggie Johnston	28	F	23:43
122	David Johnson	49	M	23:45
123	William Stockglauser	48	M	23:47
124	Jennifer Schatz	22	F	23:49
125	Benjamin Bender	20	M	23:53
126	Karl Henggele	25	M	23:54
127	Jeffrey Boyles	12	M	23:55
128	Garry Reeves	37	M	23:56
129	Kevin Woodland	34	M	23:58
130	Bradley Sloan	32	M	24:00
131	Ed Husted	27	M	24:03
132	Thomas Elliott	47	M	24:04
133	George Faust	43	M	24:05
134	Charley Bender	23	M	24:07
135	Dean Stover	38	M	24:08
136	Liz Straatman	39	F	24:09
137	Christopher Harris	8	M	24:11:00
138	Kathleen Vogt	33	F	24:12:00
139	Donna Romans	51	F	24:13:00
140	Scott Wallace	14	M	24:14:00
141	Erika Ringdahl	34	F	24:16:00
142	Andy Shirkey	30	M	24:18:00
143	Ed Hanson	43	M	24:20:00
144	Michael Hennessy	26	M	24:23:00
145	Bill Wilson	60	M	24:27:00
146	Gus Lewton	42	M	24:30:00
147	Ed Rollins	40	M	24:33:00
148	Alex Sable-smith	13	M	24:36:00
149	Brad Volmert	23	M	24:37:00
150	Kadee Drechsel	22	F	24:40:00
151	Gary Giles	53	M	24:43:00
152	Mark Alexiou	29	M	24:45:00
153	Mickie Doran	26	F	24:47:00
154	Kirk Abraham	27	M	24:48:00
155	Kelly Abraham	26	F	24:48:00
156	Mike T. Beckett	43	M	24:49:00
157	Marilyn Upton	34	F	24:50:00
158	Sandra Benson	27	F	24:51:00
159	Chris Wilson	31	M	24:52:00
160	Joe Duncan	64	M	24:54:00
161	Blaise Pastoret	13	M	24:54:00
162	John Fougere	33	M	24:55:00
163	Eric Rosenhauser	40	M	24:56:00
164	Karen Garrison	44	F	24:58:00
165	Danny Johanning	38	M	25:06:00
166	Carl Myers	65	M	25:11:00
167	Anne Kome	30	F	25:13:00
168	Angela Woodland	32	F	25:13:00
169	Scott Holdridge	24	M	25:15:00
170	Mark Hillmann	25	M	25:17:00
171	Anna Johnson	22	F	25:18:00
172	Amny Gundy	33	F	25:21:00
173	Richard Keller	48	M	25:25:00
174	Jeffery Schinnerer	39	M	25:26:00
175	Van Alexander	13	M	25:29:00
176	Jay Cooper	23	M	25:29:00
177	Zachary Jones	11	M	25:30:00
178	Rebecca Brown	28	F	25:31:00
179	Chris Gambill	38	F	25:37:00
180	Chuck Gieringer	51	M	25:38:00
181	Amy Riesselman	22	F	25:38:00
182	Jeff Bazat	13	M	25:38:00
183	Neal Miller	54	M	25:43:00
184	Joshua Mantooth	10	M	25:44:00
185	Scott Briedwell	14	M	25:47:00
186	Maite Nunez-betelu	31	F	25:50:00
187	Melinda Powell	25	F	25:50:00
188	Martha Bailey	21	F	25:52:00
189	David Adams	49	M	25:56:00
190	Pat Molaughlin	47	M	25:58:00
191	Diane Mountjoy	43	F	25:59:00
192	Kent Taylor	42	M	26:02:00
193	Kara Salzman	22	F	26:04:00
194	Ray Harder	52	M	26:05:00
195	Bob Humphreys	72	M	26:06:00
196	Regina Johnson	39	F	26:07:00
197	Carolyn Wilson	60	F	26:11:00
198	Jennifer Reisdorf	27	F	26:12:00
199	Richard Reisdorf	30	M	26:12:00
200	Wes Farrell	15	M	26:18:00
201	Hugh Emerson	41	M	26:18:00
202	Gina Muzzy	37	F	26:19:00
203	John Welek	43	M	26:20:00
204	Don Waltman	63	M	26:21:00
205	Don Edson	57	M	26:22:00
206	Ben Patton	12	M	26:24:00
207	Daniel Glover	27	M	26:27:00
208	Michael Ugarte	50	M	26:28:00
209	Rob Cunningham	52	M	26:28:00
210	Charles Lockwood	52	M	26:33:00
211	Kollin King	11	M	26:36:00
212	Mary Hooley	49	F	26:37:00
213	Jill Rockett	34	F	26:42:00
214	Steven Hicks	43	M	26:42:00
215	Paul Schneider	30	M	26:43:00
216	Jennifer Boettcher	29	F	26:44:00
217	Ken Hirlinger	48	M	26:48:00
218	Kyle Riesselman	15	M	26:51:00
219	Rob Winkelmann	45	M	26:52:00
220	Bethany Campbell	14	F	26:54:00
221	Jacob Dillon	11	M	26:54:00
222	Chris Patton	16	M	26:59:00
223	Nick Hasheider	14	M	27:02:00
224	John Kelty	13	M	27:03:00
225	Timothy Clark	49	M	27:04:00
226	Barbara Burnett	51	F	27:10:00
227	Mary Russell	40	F	27:11:00
228	Kristy Wallis	20	F	27:11:00
229	Michael Henry	52	M	27:12:00
230	Abby Moorhead	20	F	27:15:00
231	Robert Wolfe	64	M	27:17:00
232	Leon Nelson	39	M	27:18:00
233	Freddy Madera	33	M	27:19:00
234	Peter McDonald	50	M	27:22:00
235	Kayla Harmon	12	F	27:22:00
236	Dan Davis	42	M	27:23:00
237	Norb Giessman	46	M	27:24:00
238	Michele McGuire	36	F	27:24:00
239	Michael Bietsch	43	M	27:26:00
240	John Patton	47	M	27:27:00
241	Jennifer Yund	24	F	27:27:00
242	Bill Costello	27	M	27:27:00
243	Jennifer Coleman	41	F	27:28:00
244	Steven Kullman	39	M	27:30:00
245	Ann Parrington	38	F	27:33:00
246	Greg Luebbert	37	M	27:34:00
247	Susannah Still	15	F	27:35:00
248	Skip Bazat	47	M	27:35:00
249	James West	48	M	27:37:00
250	Julie Dougherty	32	F	27:42:00
251	Julie Robertson	39	F	27:45:00
252	Sandra Rice	27	F	27:48:00
253	Daniel Lopez	11	M	27:48:00
254	Ramona Fairchild	28	F	27:51:00
255	Karla Snider	25	F	27:52:00
256	Patricia Halferty	33	F	27:52:00
257	Beth Granberg	57	F	27:53:00
258	Melissa Watson	30	F	27:56:00
259	Rosemary Wood	44	F	27:58:00
260	Jay Wood	41	M	27:59:00
261	Penny Campbell	38	F	27:59:00
262	Stephanie Tanner	10	F	28:00:00
263	Joshua Dillon	7	M	28:02:00
264	Danielle Ess	26	F	28:03:00
265	Craig Miller	29	M	28:04:00
266	Ann Weimer	33	F	28:05:00
267	Jennifer Glover	27	F	28:08:00
268	Linda Pedrolej	36	F	28:10:00
269	Marianne Savio	23	F	28:11:00
270	Steven Friedman	30	M	28:12:00
271	Kathy Whipple	30	F	28:14:00
272	Lisa Essmyer	25	F	28:18:00
273	Keith Essmyer	28	M	28:18:00
274	Kim Farris	27	F	28:19:00
275	Deb Jankowski	45	F	28:19:00
276	Darcy Ames	26	F	28:23:00

(Continued on page 5)

(Continued on page 5)

1999 Columbia Track Club Schedule (revised 3-99)

Date	Time	Event/Distance	Fee	Race Director/Phone	Start Location	Miscellaneous Information
1/9	2 pm	Couples Run/Walk 4 miles, individuals welcome	**	Georgina Gonzalez, 449-8350	Bethel Park	Male-female teams, dinner awards
1/30	9 am	Nut Race 5-K	**	Tom Allen, 449-5655	Reactor Park	Edible awards
3/13	8 am	St Patrick's Day 5-K	\$10	Steve Stonecipher-Fisher, 447-2453	Seventh & Broadway	Long-sleeve T-shirts, awards
3/20	8:30 am	CTC 15-K Run or Walk	**	Joe Duncan, 445-2684	Holiday Inn Exec. Center	Walkers, \$3:30 a.m.; runners, 9 a.m.
3/27	9 am	Two-Person Relay 5 miles, alternate 400s	**	Chuck Sattler, 446-4816	Hickman Track	Age-grouped, awards
4/3	8:30 am	Max 5K Run/Walk/Roll for Disability Awareness	\$10	Max Lewis, 449-2847	Slankowski Field, MU	T-shirts, awards
4/17	8:30 am	Joe Marks Memorial Human Race XXI 5 mile	\$12	Dana Fritz, 445-5484	Reactor Park	T-shirts, awards, proceeds to benefit the CTC Joe Marks Youth Scholarship
4/24	10 am	Show-Me Stampede 5-K Entry fee also covers the Show-Me State Games 5K on July 25.	\$15	Mark Volek, 874-0278	Reactor Park	T-shirts, barbeque
5/1	8 am	Law Enforcement Run for Special Olympics 5K	\$15	Randy Boehm, 874-7424	East side of Faurot Field	T-shirts, awards
5/8	8 am	Spring Couples Run/Walk 4 miles; individuals welcome	**	Amy Gundy, 874-2407	Bethel Park	Male-female teams, dinner awards
5/31	10 am	WellAware 5-K	\$10	Mark Volek, 874-0278	WellAware on Peachtree	T-shirts, awards
6/9	6 pm	Summer Youth Program #8	\$1	Tom Allen, 449-5655	Hickman Track	Awards
7/10	6:30 pm	Distance Medley 3,000, 1,500, 800	**	Michele McFadden, 449-1760	Hickman Track	Awards
7/25	8 am	Show-Me State Games 5-K (Track & Field July 17, 18; Triathlon July 18)	\$15	Joe Duncan, 445-2684	Faurot Field	No qualifying required
8/7	7 am	Great Sandbagger 10-K	**	Roger Turnbough, 445-1225	West Broadway Swim Club	Staggered start based on predicted time; awards
9/6	6 am	Heart of America Marathon	\$15	Joe Duncan, 445-2684	Stadium Blvd. by Hearnes Center	40th annual T-shirts, awards
9/25	8 am	One Hour Run	**	John Patton, 443-1636	Hickman Track	Awards
10/9	7:30 am	M.U. Homecoming Big Brother/Big Sister Stadium Run 5-K/1-mile fun run	\$10	Curt Kempf, 446-2678	Faurot Field	Staggered start based on age/sex; Awards to top 30 finishers, t-shirts
11/6	9:00 am	Runner's Choice 10-K or 20-K	**	Mark Wilson, 443-5171	Holiday Inn Exec. Center	Drawing for prizes
11/14	1:30 pm	CTC/Sedalia/J.C. Cross Country 5K	**	Michele McFadden, 449-1760	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	UMC Hospital	Jingle bells, awards
12/11	8:30 am	Cheese & Sauerkraut 10-M	**	Jay Hasheider, 449-7009	Strawn Road	Awards

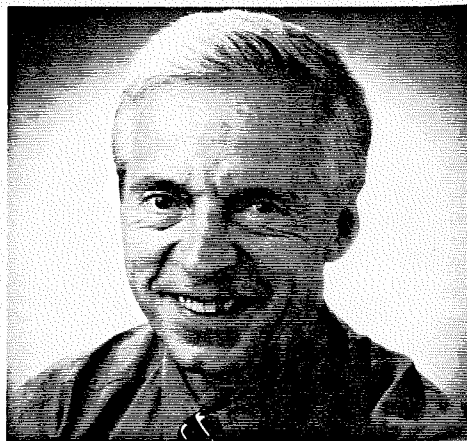
** Track club members pay no entry fee; \$3 for non-members

The Summer Youth Program runs every Wednesday for 6 weeks starting June 9.

Joe Marks Memorial Human Race XXI

Saturday
April 17
8:30 am

REACTOR FIELD
TO THE
AUDREY J.
WALTON
COMPLEX TRACK



T-shirts to all entrants!

Awards given in the
following age groups:

19 and under
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-69
70+

for men and women.

five miles in COLUMBIA

on Black & Gold weekend sponsored by J. Louis Crum Corp. & the Columbia Daily Tribune

proceeds to benefit the
Columbia Track Club
Joe Marks Youth Scholarship



see back for course

Joe Marks Memorial Human Race XXI Entry Form

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Track Club, the University of Missouri, the City of Columbia, Missouri, the County of Boone, and the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, April 17, 1999. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Name (please print) Age

Date of Birth Sex ☐ M ☐ F

T-shirt size (circle one) ☐ XL ☐ L ☐ M ☐ S

Signature

Signature of parent or guardian if entrant is under 18

Address City State Zip Code

Entry Fee: \$12 Deadline: Tuesday, April 13, 1999 NO LATE ENTRIES.

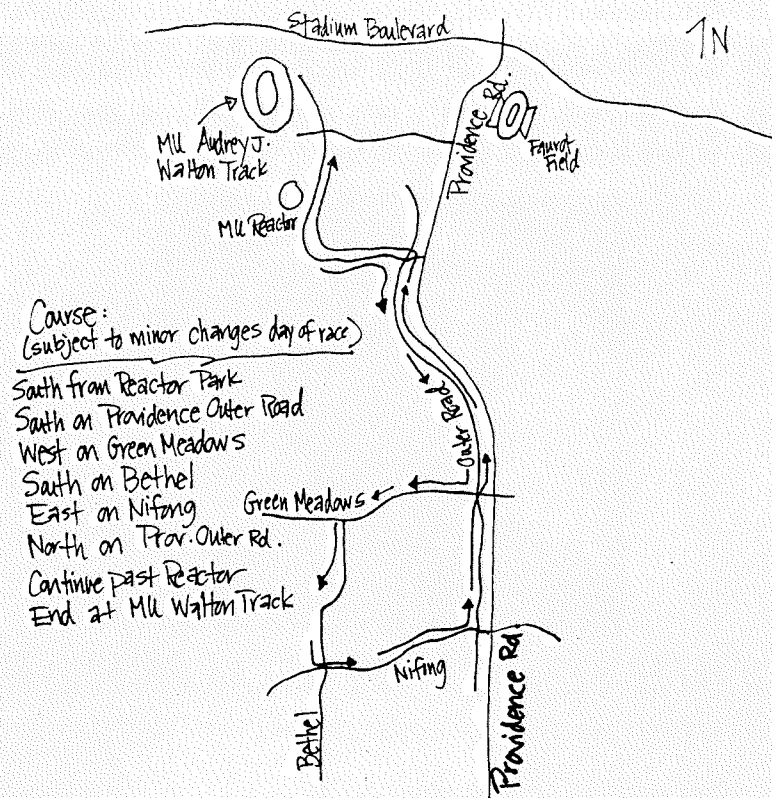
MAIL TO **Columbia Track Club**, PO Box 1872, Columbia, MO 65205

-OR-

TAKE TO **Tryathletics**, 1607 Chapel Hill Road, Columbia.

Make checks payable to Columbia Track Club.

PACKET PICKUP: Friday, April 16, at Tryathletics (noon - 6pm) OR on race day (7:30-8:00 am) at **Reactor Field**

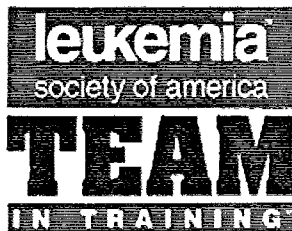


Joe Mark Memorial Human Race XXI

(Continued from page 4)

277 James Koyejo	10	M	28:27:00	345 Jesse Eskew	42	M	30:39:00	415 Shanna Davis	22	F	34:02:00	485 Mary Powell	55	F	43:25:00
278 Greg Olson	40	M	28:28:00	346 Krista Schwemding	15	F	30:41:00	416 Marla Morrison	22	F	34:02:00	486 Joe Cragin	71	M	43:27:00
279 Tammy Smith	25	F	28:30:00	347 Jennifer Dockery	26	F	30:41:00	417 Lucinda Mcroberts	13	F	34:25:00	487 Richard Pedroley	38	M	43:28:00
280 Ryan Hermsmeyer	26	M	28:31:00	348 Nancy Fritsch	60	F	30:42:00	418 Jim Mcroberts	49	M	34:26:00	488 Briana Proctor	10	F	43:39:00
281 Josie Hammontree	22	F	28:31:00	349 Andrea Woods	52	F	30:43:00	419 Dianne McClure	44	F	34:34:00	489 Alexis Longo	10	F	43:39:00
282 Carla Stumpff	25	F	28:32:00	350 Mary Still	45	F	30:49:00	420 Don Johnson	70	M	34:41:00	490 Lisa Trent	40	F	43:44:00
283 Christina Aaker	31	F	28:33:00	351 Mary Wilson	44	F	30:52:00	421 Dawn McGavock	16	F	34:46:00	491 Tricia Crews	43	F	44:06:00
284 Carolyn Roof-schrei	41	F	28:33:00	352 Carrie Shryock	19	F	30:52:00	422 Ellen Pagan	14	F	34:47:00	492 Kristen Temple	34	F	44:13:00
285 Tyler Rodes	8	M	28:35:00	353 Liz Fiene	20	F	30:53:00	423 Sara Stone	37	F	34:51:00	493 John Mcorory	47	M	44:22:00
286 Dane Wilson	9	M	28:37:00	354 Nancy Whitehouse	26	F	30:54:00	424 Susan Murray	29	F	35:02:00	494 Zack Nelson	10	M	45:00:00
287 Benjamin Dierkes	9	M	28:37:00	355 Angela Fromm	23	F	30:58:00	425 Sharon Stemmons	25	F	35:18:00	495 David Lopez	8	M	45:02:00
288 John Hay	28	M	28:47:00	356 Annette Humphreys	36	F	31:01:00	426 Jim Balmer	60	M	35:41:00	496 Alexandra Harrison	9	F	45:02:00
289 Joe Giacchi	54	M	28:48:00	357 Courtney Hutchinson	20	F	31:06:00	427 Susan Owens	36	F	35:49:00	497 Andrea Sattler	9	F	45:05:00
290 Phil Guibor	41	M	28:48:00	358 Denise Belsheim	36	F	31:07:00	428 Jeanelle Twillman	66	F	35:53:00	498 Kelly Harrison	35	F	45:10:00
291 James Rauckman	38	M	28:51:00	359 Christine Schmitz	26	F	31:09:00	429 Josie Hussey	12	F	35:54:00	499 Kelsie Maledy	7	F	45:13:00
292 Reinhold Hill	30	M	28:51:00	360 Kenny Eskew	12	M	31:11:00	430 Kyle Maledy	9	M	35:56:00	500 Julie Maledy	40	F	45:14:00
293 Jim Poehliwg	53	M	28:54:00	361 Nell Rose Hill	29	F	31:13:00	431 Laura Pfeiffer	47	F	35:59:00	501 Nancy Mah	28	F	45:15:00
294 Tom Schreiber	49	M	28:56:00	362 John Schopflin	32	M	31:16:00	432 Paul Deutsch	28	M	36:01:00	502 Jessie Bacon	11	F	45:24:00
295 Tiffani Stuckenschn	26	F	28:57:00	363 Linda Kaiser	37	F	31:19:00	433 Mike Dickerson	27	M	36:04:00	503 Brenna Lowell	12	F	45:25:00
296 Martha Patton	46	F	29:00:00	364 Megan Bach	21	F	31:27:00	434 Michelle Dunlap	37	F	36:10:00	504 Laura Dillon	40	F	45:31:00
297 Paul Muren	37	M	29:03:00	365 Tiffany Harris	9	F	31:28:00	435 Jeanell Bertels	36	F	36:18:00	505 Jennifer Howe	25	F	46:29:00
298 Marjorie Worthingto	31	F	29:07:00	366 Chris Harris	33	M	31:29:00	436 Dana Robnett	27	F	36:18:00	506 Marty Fridgen	23	F	46:29:00
299 Janet Brandt	47	F	29:10:00	367 Pamela Muren	28	F	31:30:00	437 Stephanie Schinnere	33	F	36:46:00	507 Maddie Schill	12	F	46:45:00
300 Jim Schadt	52	M	29:11:00	368 Sarah Peachee	22	F	31:32:00	438 Tami Marsh	28	F	36:47:00	508 Bonnie Schill	48	F	46:46:00
301 Stephen Jones	45	M	29:13:00	369 Cooper Price	9	M	31:33:00	439 Elaine Kent	50	F	37:00:00	509 Michael Beaudry	48	M	48:30:00
302 Paul Kanago	40	M	29:14:00	370 Sarah Edwards	14	F	31:37:00	440 Rosella Spinner	40	F	37:05:00	510 Joe Montgomery	46	M	48:34:00
303 Timothy Dillon	40	M	29:18:00	371 Ben Welek	9	M	31:37:00	441 Colin Ramsey	32	M	37:14:00	511 Morgan Montgomery	11	F	48:34:00
304 Mark Flanegin	44	M	29:20:00	372 Ashley Brady	12	F	31:38:00	442 Colleen Fretz	20	F	37:15:00	512 April Cockreil	31	F	48:35:00
305 Jamie Wissehr	19	F	29:21:00	373 Michael Brady	40	M	31:39:00	443 Laurie Mintz	38	F	37:27:00	513 David Tucker	44	M	48:36:00
306 Susan Currier	47	F	29:25:00	374 Karen Schwartz	45	F	31:41:00	444 Rachael Dillon	10	F	37:31:00	514 Crystal Munro	13	F	48:37:00
307 Hugh Patterson	38	M	29:28:00	375 Janice Dierker	26	F	31:42:00	445 Vicki Freelon	45	F	37:41:00	515 Lisa Hahn	13	F	48:38:00
308 Martha Brendel	34	F	29:29:00	376 Lindsay Mcmurry	13	F	31:47:00	446 Kathy Hull	50	F	37:46:00	516 Tisha Galaspie	13	F	49:03:00
309 Ian Thomas	37	M	29:29:00	377 Doreen Mcmurry	35	F	31:47:00	447 Michele Reese	26	F	38:05:00	517 Emily Sattler	7	F	50:07:00
310 Tracy Getman	25	F	29:30:00	378 Bruce Coble	40	M	31:49:00	448 Diane Giessman	46	F	38:09:00	518 Charles Sattler	35	M	50:08:00
311 Russell Merideth	43	M	29:33:00	379 Jill Mcallie	36	F	31:54:00	449 Jay Mcallie	35	M	38:16:00	519 Chelsea Gordon	9	F	50:50:00
312 Doug Donley	26	M	29:36:00	380 Lee Isgrig	13	F	31:54:00	450 Kelsey Hientz	10	F	38:31:00	520 Georgina Gonzalez	60	F	50:52:00
313 Leroy Sharp	65	M	29:37:00	381 Jon Kruse	31	M	32:02:00	451 Terri Heintz	33	F	38:31:00	521 Nicholas Harl	6	M	51:15:00
314 Teresa Briedwell	39	F	29:39:00	382 Becky Ellebracht	18	F	32:02:00	452 Kayla Merideth	14	F	38:43:00	522 Kim Harl	32	F	51:15:00
315 Sara El-toumi	33	F	29:39:00	383 Karen Gordon	38	F	32:12:00	453 Jennifer Hussey	10	F	38:45:00	523 Heather Lewis	24	F	51:22:00
316 Suky Mortensen	28	F	29:43:00	384 Janelle Patterson	45	F	32:18:00	454 Rebecca Williams	16	F	38:48:00	524 Diana Reed	43	F	51:23:00
317 Sarah Serrett	21	F	29:43:00	385 Dana Fritz	33	F	32:20:00	455 Thomas Moses	45	M	38:52:00	525 Crystal Smoot	29	F	51:24:00
318 Jack Sterrett	51	M	29:44:00	386 Teresa Kight	40	F	32:33:00	456 Mandy Whitford	15	F	38:55:00	526 Amanda Korte	25	F	52:23:00
319 Russ Still	52	M	29:45:00	387 Valerie Fick	31	F	32:35:00	457 Sallie Cunningham	25	F	38:57:00	527 Barbara Montgomery	44	F	52:24:00
320 Marjorie Tveitnes	41	F	29:47:00	388 Larry Fick	57	M	32:36:00	458 Shelly Lindall	16	F	38:58:00	528 Liz Schokker	13	F	52:48:00
321 Tom Ratermann	35	M	29:49:00	389 Patrick Feehan	48	M	32:37:00	459 Ralph Ross	46	M	39:02:00	529 Norma Clark	13	F	52:48:00
322 Angie Sick	19	F	29:52:00	390 Teri Walden	34	F	32:38:00	460 Paula Boehm	52	F	39:44:00	530 Doris Judy	66	F	52:52:00
323 Jenny Sick	21	F	29:57:00	391 Joseph Forsee	73	M	32:42:00	461 Beth Riggert	29	F	39:46:00	531 Nikki Spellmeyer	14	F	52:53:00
324 Elizabeth Koyejo	11	F	29:58:00	392 Allyson Espy	23	F	32:44:00	462 Tom Chandler	24	M	39:47:00	532 Marie Debold	15	F	52:54:00
325 Kimberly Marks	28	F	30:02:00	393 Jan Swaney	42	F	32:45:00	463 Jenny Chang	33	F	39:53:00	533 C.j. Ross	5	M	53:13:00
326 Chris Marks	28	M	30:03:00	394 Carla Espy	48	F	32:45:00	464 Adam Ross	7	M	40:02:00	534 Cara Ross	33	F	53:14:00
327 Jeremy Goodwin	25	M	30:06:00	395 Jennifer Connell	35	F	32:46:00	465 Mindy Ward	13	F	41:31:00	535 Martin Ryan	51	M	54:40:00
328 Marvin Van Leer	62	M	30:07:00	396 Nick Parton	9	M	32:51:00	466 Johna Stevens	14	F	41:32:00	536 Almon Judy	69	M	55:37:00
329 Kathleen Mcinvale	12	F	30:07:00	397 Linda Vogt	51	F	33:01:00	467 Ashley Wren	13	F	41:34:00	537 Norma Campbell	53	F	58:10:00
330 Michael Henry Jr	21	M	30:08:00	398 Kevin Coleman	42	M	33:11:00	468 Kathy Basinger	36	F	41:35:00	538 Linda Covey	54	F	58:12:00
331 Barney Sword	67	M	30:08:00	399 Mendi Zion	20	F	33:16:00	469 Shirley Guier	47	F	42:04:00	539 Darlene Masters	51	F	58:13:00
332 Dela Marshall	39	F	30:12:00	400 Kevin Leung	35	M	33:20:00	470 Richard Logsdon	45	M	42:05:00	540 Elizabeth Winnacker	63	F	58:41:00
333 Christi Bear	18	F	30:16:00	401 Cassandra Jackson	27	F	33:22:00	471 Lora Basinger	14	F	42:10:00	541 Joan Cushman	46	F	59:30:00
334 Amy Fretz	28	F	30:19:00	402 Julie Williamson	31	F	33:25:00	472 Kelsy Merideth	13	F	42:16:00	542 Marion Mueller	49	F	59:31:00
335 Sara Jones	34	F	30:20:00	403 Wanda Skelton	51	F	33:36:00	473 Terry Robb	44	M	42:18:00	543 Mark Klenke	49	M	59:32:00
336 Christine Grubbs	31	F	30:20:00	404 Lori Maloney	38	F	33:41:00	474 Suzanne Giesler	25	F	42:37:00	544 Karrol Hillebrand	59	M	59:45:00
337 Charles Foley	34	M	30:23:00	405 Kristina Kaylen	11	F	33:50:00	475 Deborah West	42	F	42:39:00	545 Grace Hillebrand	59	F	59:45:00
338 Beth Shepard	24	F	30:24:00	406 Mike Kaylen	44	M	33:51:00	476 Katy Peters	15	F	42:53:00				
339 Chris Whipple	32	F	30:25:00	407 Cindy Thomas	39	F	33:54:00	477 Mark A. Banks	44	M	42:55:00				
340 Lee Myers	21	M	30:27:00	408 John Wolf	48	M	33:55:00	478 Gwenna Peters	41	F	42:57:00				
341 Andrew Materer	28	M	30:27:00	409 Kerry Thomas	39	M	33:55:00	479 Erin Sweet	25	F	42:57:00				
342 Richard Froeschner	47	M	30:28:00	410 Lola Deluna	22	F	33:56:00	480 Pam Peters	13	F	43:01:00				
343 Stephanie Jones	13	F	30:33:00	411 Ardy Schneider	20	F	33:56:00	481 Kim Skoumal	25	F	43:12:00				
344 Maria Kaylen	14	F	30:34:00	412 Max Earl	37	M	33:57:00	482 Angie Volkerding	23	F	43:13:00				
				413 Steve Fairchild	28	M	33:58:00	483 Courtney Banks	13	F	43:15:00				
				414 Holly Morgan	25	F	34:00:00	484 Barb Lewis	56	F	43:18:00				





Craig Virgin, Honorary Coach
Gateway Chapter

Marty Liquori, National Chairman
Team in Training



March 20, 1999

Dear CTC Members,

A few years ago I took an interest in running and have been hooked ever since. It has been my hope for some time now to be able to use my God given ability and fitness to promote a good cause and that opportunity has arrived. I have joined up with the Leukemia Society's "Team in Training" and pledged to run a marathon in San Diego on May 23, 1999. You might be wondering why I am doing this. There are two reasons and they are of flesh and blood. When I was fifteen years old I lost my cousin Mike to leukemia and was robbed of the chance to really get to know him. Now, I have Keenan, my honor patient, who is currently battling this affliction and I want to give him and others like him the opportunity to reach their potential and not be cut short by a disease that is curable.

Who is Keenan?

Keenan is a brave three-year-old boy from Gravois Mills, MO who was diagnosed with acute lymphocytic leukemia about two years ago. Since that time he has endured surgery, chemotherapy daily every two weeks and a spinal tap every other month. Fortunately, he has entered his last year of treatment. I met Keenan last December and he made quite an impression on me. If I were not told of his struggle I would have never known. He is a bright inquisitive boy, always asking questions and never holds back a smile.

What is the Leukemia Society?

The Leukemia Society is a not-for-profit health organization dedicated to finding a cure for leukemia and its related cancers (lymphoma, multiple myeloma and Hodgkin's disease), and to improve the lives of patients and their families. Since its founding, the Society has allocated more than \$125 million to research. The purpose of the Society's research program is to support individual medical investigators to continue to study and advance our ability to diagnose, treat and cure leukemia. Among children ages 1-14, leukemia and its related cancers strike some 103,200 Americans each year and kill 57,490.

Why I need you!

In addition to running the marathon, I have also pledged to raise a minimum of \$2800. With your help the Leukemia Society will be able to continue its mission which benefits people like Keenan who otherwise may never have had a chance to enjoy the life that you and I sometimes take for granted. Please join me in the fight against leukemia by making a tax-deductible donation to the Leukemia Society. Any amount that you are willing to give will be greatly appreciated. To donate, please fill out the attached form and mail it with your donation to the address below by April 20, 1999.

Thank you! Your support, thoughts and prayers are greatly appreciated!

Sincerely,

Steve Hahn
506 S. Providence #7
Columbia, MO 65203

☐ Yes, I would like to support you in the amount of \$ _____. Name: _____
☐ Check (payable to Leukemia Society) Address: _____
☐ Credit card...MC/VISA card # _____
Expires ____/____
Signature _____



1998 Columbia Track Club Schedule

4/3	8:30 am	Max 5k Run/Walk/Roll for Disability Awareness	\$10	Max Lewis, 449-2847	Stankowski Field, MU	T-shirts, awards
4/17	8:30 am	Joe Marks Memorial Human Race XXI 5 miles	\$12	Dana Fritz, 445-5484	Reactor Park	T-shirts, awards
4/24	10 am	Show-Me Stampede 5k Entry fee includes the Show-Me Games 5k on July 25.	\$15	Mark Volek, 874-0278	Reactor Park	T-shirts, BBQ
5/1	8 am	Law Enforcement Run for Special Olympics 5k	\$15	Randy Boehm, 874-7424	East side of Faurot Field	T-shirts, awards

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

Out-of-Town Events

- April
- 3 Run for the Son, Cape Girardeau, 8 am, (573)335-3617
Purina Hi-Pro 5 mile, St. Louis, 8 am, (314) 781-3926
 - 10 Kirkwood K of C 5 mile run, Kirkwood, 7:30 am, (314) 822-5489
Double Chubb 50k, St. Louis, 7:30 am. (314) 487-2908
 - 11 Prairie Dog Jog half marathon and 5k, Overland Park, KS, 8:00 am, (913) 469-4090
Grant's Farm 5k/1 mile, St. Louis, MO, 9:00 am, (314) 729-4860
Hogeye Marathon /Relays, Fayetteville, AR, 7:30 am, (501) 442-6488
 - 17 Raintree Run half marathon, Lawrence, KS, 8:00 am, (785) 842-4351
Bagel Burner 5k, Joplin, MO, 8:00 am, (417) 781-6260
21st Annual Osteopathic Fun Run, Kirksville, 9:00 am, (660) 626-2213
 - 19 Boston Marathon, Hopkinton, MA, 12:00 noon, (508) 435-6905
 - 24 Mary Queen of Peace 5k run/walk, Webster Groves, MO, 9:00 am, (314) 821-4646
Rogersville Sassafrazz 5k, Rogersville, MO, (417) 753-2100
Spring Classic 4 mile and 1 mile, Cape Girardeau, 8:00 am, (573) 335-3617
 - 25 Steamboat Classic Triathlon, Cape Girardeau, 10:00 am, (573) 335-5421
Michael Forbes Trolley Run 4 mile, Kansas City, 8:00 an, (816_ 333-5421



Other Events of Interest:

- ♦ Wilson's Total Fitness and the Missouri Lions Eye Research Foundation are sponsoring a triathlon **May 2, 1999 at 8:00 am**. The triathlon will start at Wilson's on Forum Boulevard and will include a 300 yard swim (indoor), a 12 mile bike, and a 3 mile run. In addition, a free triathlon clinic will be held for beginning triathletes on Sat., May 1 at 5:00 pm at Wilson's. For more information call race director Mark Livesay at 446-2313 (evenings). Applications are available at Wilson's, on the web at: www.mlerf.org/triathlon, or on e-mail at WFTC@mlerf.org.
- ♦ The 5th Annual Walk, Roll, and Run 5k and 2k walk will be held **June 5, 1999 at 8:30 am**. All proceeds benefit the Children's Hospital. For more information call Dick Otto at 449-4927. Entry blanks are available at D-Sport, Triathletics, the Information Desk at University Hospital, and the Health Information Center at Columbia Mall.

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Members of family at this address and their birthdates:

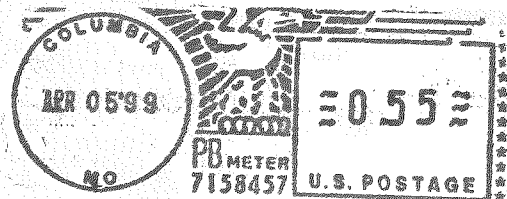
Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. For \$30.00 you can become a member of CTC **and** subscribe to *Missouri Runner*, Missouri's premier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

CTC
P.O. Box 1872
Columbia, MO 65205

COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872
Columbia, MO 65205

FORWARDING SERVICE
REQUESTED



12/99

Joyce Schulte
1102 Broadway Street
Audubon, IA 50025-1424