

October 1999

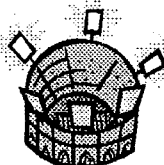


**CTC Honored at MU  
Homecoming Game**


The Columbia Track Club was honored at MU's Homecoming game October 16, 1999 with the Governor's Fitness and Health Leadership Platinum Organization Award. An engraved plaque and Rawlings football were presented to the club on the field prior to the game. The council was particularly impressed with CTC's summer youth program and the encouragement given to young athletes. Stop by *Tryathletics* to see the plaque and football on display. Congratulations!

Members of the Columbia Track Club met at Oakland Park for the annual picnic and meeting September 26, 1999. Club business was discussed and new board members were elected. The Columbia Track Club Board of Directors now includes: Dick Hessler, President, Tom Allen, Treasurer, Mark Volek, Curt Kempf, Mark Wilson, Randy Gay and new members, Linda LaFontaine, Jeanine Pagan, Amy Gundy, Joe Duncan, Marc Keys, and Jay Hasheider. Please let any board members know of any changes you would like to see in the upcoming year.

Oct. 9, 1999



This was already the 6th annual Stadium Run that we have done, with the last two being co-hosted by the University of Missouri Homecoming Committee. With the staggered start and finishing in on Faurot Field, it has turned out to be a very exciting race.

 Thanks to all who participated in this year's Homecoming Stadium Run 5K. Especially the volunteers. Everything seemed to work out great. Even the weather. It finally started to rain as the last runners crossed the finish line. Anyway, the purpose of the race, besides to raise money for Big Brothers/Big Sisters(BB/BS) of Boone County, is to give every runner a chance to cross the finish line first, regardless of age and sex. Of the top 10 finishers, ages ranged from 18 to 58, and there were 2 females, 8 males.

Big Brothers/Big Sisters of Boone County would like to acknowledge and thank the following major corporate sponsors for their support of the 1999 Homecoming Stadium Run: University Chrysler, Mid-City Lumber, Questec Corporation, Tryathletics, Simon Oswald Associates, 98.3 The Buzz, Peckham & Wright Architects, U S Cellular, The Insurance Group, MU Alumni Association, Missouri Student Association, Homecoming Steering Committee and the Columbia Track Club.

A big thanks to Scott Dressel(BB/BS & CTC) & Erica Guthrie(University of Missouri Homecoming Committee) for all their efforts in all pre-race tasks.

See ya next year.

**Curt Kempf, co-race director**

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

**September 28 & 29, 1974:** 8th Annual National 100 Mile Walk Championship: 1. Bob Chapin 20:09:20, 2. Chuck Hunter 21:14:17, 3. Larry O'Neil 21:53:26, 4. Dave Leuthold 22:31:43, 5. Leonard Busen 23:07:27. Chapin, Leuthold, and Busen became new members of the Centurion Club of America by walking 100 miles in less than 24 hours. Leuthold and Busen took two different approaches in completing the 100 miles: Leuthold stopped only once - to change socks. Busen, however, left the track after doing 36 miles, retired to his motel room, took a hot bath, rested two hours, then came back to finish the 100.

**September 14, 1974:** One Mile Run: 1. Brian Cooper 4:37, 2. Rick Katz 4:35, 3. Ben Londeree, 40, 4:42, 4. Don Lewis 4:49. . . 6. Dick Hessler 4:58. . . 8. Whitney Hicks 5:05, 9. Don Granberg 5:10. . . 11. Joe Duncan, 40, 5:34. . . 24. Amy Hessler, 9, 7:34

Five Mile Walk: 1. Larry Young 37:32, 2. Augie Hirt 38:44, 3. Randy Mimm 42:33. . . 6. Rob Spier 47:31. . . 8. Joyce Schulte 59:49. . . 10. Bill Taft 1:02:41

**September 22, 1974:** Two Mile Run: 1. Dennis Stewart 9:29.2, Katz 9:30. . . 4. Londeree 10:10, 5. Lewis 10:27. . . 7. Hessler 10:36. . . 10. Joe Marks 12:07, 11. Duncan 12:10.

**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:

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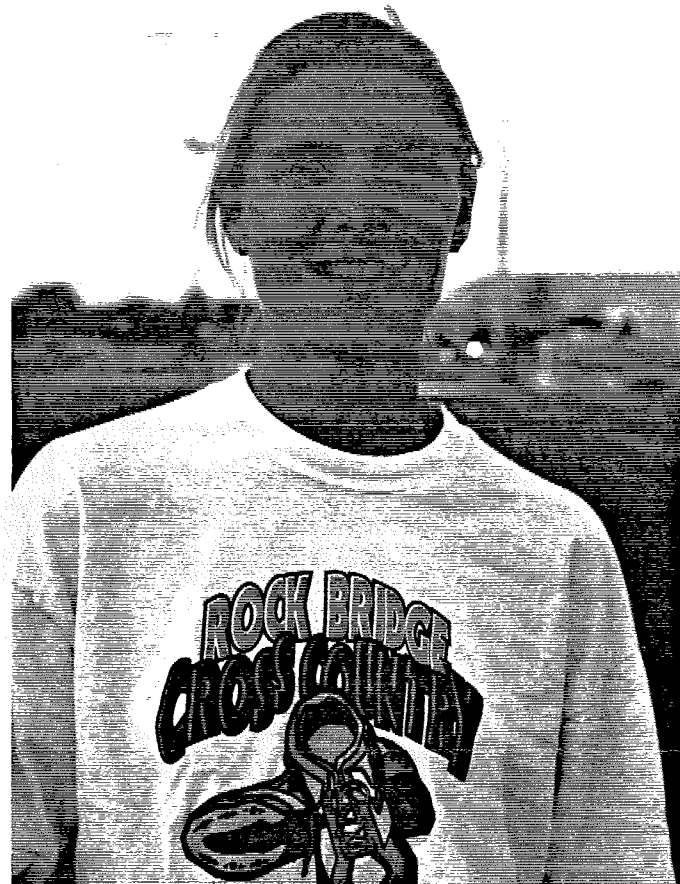
**Show-Me Your Legs for Leukemia****5k run/walk****October 2, 1999**

1.	Christian Reed, 29	16:27
2.	Mike Tripp, 40	18:59
3.	James Jorgenson, 38	20:05
4.	Michael Leyden, 13	20:09
5.	Chuck Dodd, 32	20:23
6.	Tom Davis, 47	20:36
7.	Andy Shirkey, 30	21:56
8.	Phil Walsh, 36	22:02
9.	Rusty Crawford, 30	22:16
10.	Todd Fuller, 31	22:47
11.	Cary Skelton, 24	22:59 F
12.	Chris Sheban, 22	23:03
13.	Kent Runyan, 49	23:11
14.	Mike Martin, 37	23:23
15.	Dale Harris, 30	23:45
16.	Simon Rose,	23:48
17.	Tom Leyden, 19	23:53
18.	Angela Woodland, 32	23:54 F
19.	Hugh Emerson, 42	24:49
20.	Jimmy Keown, 13	24:52
21.	*Marilyn Upton, 35	25:03 F
22.	Bill Frame, 41	25:09
23.	Amy Gundy, 33	25:35 F
24.	Carl Gardner, 34	25:47
25.	Kathy Whipple, 30	25:55 F
26.	Donald Ballenger, 57	26:03
27.	Rob McNicol, 26	26:18
28.	Joe Duncan, 65	26:59
29.	Shari Freyermuth, 37	27:40 F
30.	Tim Reuschel, 25	27:52
31.	Donna Dorman, 39	28:24 F
32.	Scott Horman, 24	28:44
33.	Robin Long, 34	29:17 F
34.	Sonya Link, 26	29:23 F
35.	Robyn Frame, 39	20:15 F
36.	Andrea Woods, 53	30:17 F
37.	Tina Bridges, 32	30:28 F
38.	Christie McCullough, 27	30:28 F
39.	Beth Shepard, 25	30:31 F
40.	Chris Whipple, 32	31:05
41.	Kimberly Kittel, 34	32:47 F
42.	Kevin Mathis, 28	33:03
43.	D'Arcy Graham, 24	33:08 F
44.	Nicky North, 23	33:34 F
45.	Linda Marcusson, 24	33:36 F
46.	Cody Struckhoff, 8	36:00
47.	Hannah Dodd, 6	36:14 F
48.	Caleb Dodd, 7	36:22
49.	Lisa Dodd, 31	37:26 F
50.	Mark Struckhoff, 40	37:34
51.	Karen Leyden, 48	38:58 F
52.	Elizabeth Gerhardt, 79	40:59 F

\*Best legs winner

—Race Director Julie Reuschel

# CTC Runner Profile



## Margaret Shimkus

**Age:** 37

**PERSONAL RECORDS:** 800—2:09, 1500—4:19, mile 4:39, 3000—9:23, 5k—17:05, 10k—34:52

**WEEKLY MILEAGE:** Currently about 20 miles/week. I've run anything from 1-100 miles/week. I ran my best times on about 60-65 miles/week. Now I run mostly with kids!

**WHEN DID YOU START RUNNING?** I've always loved to run. I went out for track my freshman year of high school and have been with it ever since.

**WHO IS YOUR RUNNING ROLE MODEL?**

**WHO HAS INFLUENCED YOU MOST IN RUNNING?** I watched Mary Decker Slaney very closely during high school. Then I actually got to run with her! I would have to say my high school coach influenced me the most. He was positive and believed in me. Now, that's my goal for the kids I coach!

**DID YOU RUN IN COLLEGE OR HIGH SCHOOL?** St. Anthony High School (Effingham, IL): Many school records (several still stand today), lead scorer, most valuable runner, qualified for state

all 4 years, 4 state medals in 880 yd and mile run. Best: State Champ 880 yd.

University of Missouri-Columbia: athletic scholarship, several school records (some still stand today).

Eastern Illinois University; Charleston, IL: 11 school records (1983), athlete scholarship, scholar-athlete award for conference, meet and stadium records at some meets.

**WHAT IS YOUR FAVORITE WORKOUT?** I love intervals on the track, speed work!!! 330 meter repeats would be my favorite, lots of 300's.

**WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA?** I love the Katy Trail, especially during the fall with all the leaves changing color.

**PERSONAL INFO AND INTERESTS:** I have been running/ coaching for 24 years! I met my husband on the track (MU). We share a common interest in track and field. Three children: Steve, 12; Melea, 9; Danica, 5. All compete and do well at the youth track meets. I coach at Rock Bridge High School: distance (400 on up). I coached the Columbia Catholic School Tigers this past year where my children go to school. I coached the CTC Colts this summer and love every minute of it.



Dear Columbia Track Club,

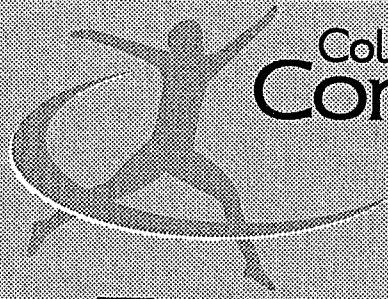
The Columbia Team-in-Training team would like to thank you for your support of our fun run. Because of the support we received from your organization, we were able to double the participation in our event from last year. Thank you, Julie Reuschel and Annie Maskoff,

**Stadium Run Results Oct. 9, 1999****PlaceNameAgeSex Actual Time Handicap**

1	Rebecca Wilmes	24	F	16:39.2	2:30.0
2	Jared Wilmes	27	M	15:14.3	0:00.0
3	Lucas McMillen	18	M	17:08.8	1:30.0
4	Jack Preus	22	M	16:09.9	0:30.0
5	Steve St-Fisher	42	M	17:10.7	1:30.0
6	Christian Reed	29	M	15:42.3	0:00.0
7	Jessica Patton	21	F	19:00.4	3:00.0
8	Andy Rose	22	M	16:31.1	0:30.0
9	Dick Hessler	58	M	19:45.2	3:30.0
10	Ron Brault	56	M	19:19.0	3:00.0
11	Jeff Brault	29	M	16:20.6	0:00.0
12	Seth Hunziker	23	M	16:24.1	0:00.0
13	Joe Lechner	57	M	19:26.0	3:00.0
14	Gerald Holtmeyer	40	M	17:28.4	1:00.0
15	Becky Rigel	21	F	19:36.4	3:00.0
16	Doug Rosaaen	18	M	18:11.5	1:30.0
17	Bert Baiotto	18	M	18:21.1	1:30.0
18	David Alexander	21	M	17:27.0	0:30.0
19	Brian Blank	17	M	19:02.9	2:00.0
20	Aaron Aaker	28	M	17:06.9	0:00.0
21	Nathan Hern	20	M	18:11.4	1:00.0
22	Grant Berendt	19	M	18:21.5	1:00.0
23	Richard Nistendirk	59	M	21:01.4	3:30.0
24	Chad Carroll	28	M	17:38.2	0:00.0
25	Paul Butzen	58	M	21:22.0	3:30.0
26	Jimmy Keown	13	M	22:04.5	4:00.0
27	Michael Beman	15	M	21:07.0	3:00.0
28	Tom Davis	47	M	20:09.9	2:00.0
29	James Jorgenson	38	M	19:18.3	1:00.0
30	Chris Hogerty	28	M	18:20.4	0:00.0
31	David Johnson	50	M	20:52.6	2:30.0
32	Adam Sher	14	M	22:02.1	3:30.0
33	Rob Huggins	19	M	19:32.7	1:00.0
34	John C. Dickey	45	M	20:05.7	1:30.0
35	John B. Kely	14	M	22:10.8	3:30.0
36	Cesar E. Mello	34	M	19:13.4	0:30.0
37	Marshall Simmons	22	M	19:15.2	0:30.0
38	Jake Viers	11	M	23:46.4	5:00.0
39	Chris Fox	21	M	19:16.7	0:30.0
40	Chris De Moss	31	M	18:47.8	0:00.0
41	John Boston	31	M	18:54.8	0:00.0
42	Shawna Brown	18	F	22:28.2	3:30.0
43	Anthony Gonzalez	46	M	21:04.0	2:00.0
44	Jackson James	26	M	19:06.1	0:00.0
45	Charles Honcoch	24	M	19:07.7	0:00.0
46	Julie Wissbaum	39	F	22:38.2	3:30.0
47	Paul Hamilos	20	M	20:11.2	1:00.0
48	Clay Farris	30	M	19:13.1	0:00.0
49	Cary Skelton	24	F	21:46.0	2:30.0
50	Michael Sykuta	33	M	19:18.1	0:00.0
51	Anne Schmieder	22	F	22:19.8	3:00.0
52	Joe Goldfarb	59	M	22:51.8	3:30.0
53	Travis Himstedt	20	M	20:25.8	1:00.0
54	Toji Calabro	20	M	20:30.2	1:00.0
55	Mike Sulluan	21	M	20:06.3	0:30.0
56	Jeff Turner	19	M	20:38.5	1:00.0
57	Garon Robinett	19	M	20:41.2	1:00.0
58	Chuck Dodd	32	M	19:43.6	0:00.0
59	Brett McCalliste	29	M	19:46.0	0:00.0
60	Josh Harrington	20	M	20:51.3	1:00.0
61	John Hievert	30	M	19:52.1	0:00.0
62	Liz Johnston	21	F	22:53.0	3:00.0
63	Matt Wheatley	19	M	21:10.6	1:00.0
64	Jennie Kelly	29	F	22:41.4	2:30.0
65	Angela Stabie	19	F	23:42.0	3:30.0
66	Mary Fisher	19	F	23:46.5	3:30.0
67	Elizabeth Nemeth	9	F	23:48.7	3:30.0

68	Katie Bihir	20	F	23:25.8	3:00.0
69	Meghan Burchfield	19	F	23:56.8	3:30.0
70	Todd Earhar	19	M	21:27.6	1:00.0
71	Julie Huffman	43	F	24:34.2	4:00.0
72	Sara Pilarski	18	F	24:07.1	3:30.0
73	Ashley Brook	19	F	24:08.6	3:30.0
74	Tom B. Mallory	22	M	21:18.2	0:30.0
75	Anthony E. Bates	20	M	21:50.8	1:00.0
76	Oscar Chavez	35	M	21:20.9	0:30.0
77	Ryland Rodes	40	M	21:51.7	1:00.0
78	Chuck Sattler	36	M	21:22.5	0:30.0
79	Jennifer Polniak	30	F	23:23.9	2:30.0
80	Tori Thiel	24	F	23:25.5	2:30.0
81	Sean Wright	22	M	21:35.2	0:30.0
82	Elena Valdes	18	F	24:37.7	3:30.0
83	Amy McCall	19	F	24:38.9	3:30.0
84	Todd Crites	22	M	21:46.4	0:30.0
85	Wayne Savage	43	M	22:48.1	1:30.0
86	Tracey Z. Gonzalez	40	F	25:19.9	4:00.0
87	Abby Quinn	19	F	24:57.3	3:30.0
88	Meaghan Doyle	19	F	24:59.2	3:30.0
89	Andy Shirkey	30	M	21:33.6	0:00.0
90	Cindy Frick	41	F	25:43.8	4:00.0
91	Meghan Litecky	19	F	25:16.7	3:30.0
92	Dorothy Andrae	42	F	25:46.8	4:00.0
93	Zach Kirk	18	M	23:17.4	1:30.0
94	David Jankowski	18	M	23:17.9	1:30.0
95	Matt Garver	19	M	22:51.2	1:00.0
96	Danya Reich	20	F	24:51.7	3:00.0
97	Tori Powell	15	F	26:24.6	4:30.0
98	Rosemary Wood	45	F	26:25.7	4:30.0
99	Amy Gundy	33	F	24:31.5	2:30.0
100	Shane Harris	28	M	22:05.5	0:00.0
101	Frank Cunningham	36	M	22:37.3	0:30.0
102	Rob Tillman	11	M	27:07.4	5:00.0
103	Curtis Bell	22	M	22:39.7	0:30.0
104	Don Waltman	64	M	26:45.9	4:30.0
105	Mark Fodrey	21	M	22:46.8	0:30.0
106	Richard Davenport	21	M	22:47.9	0:30.0
107	Beau J. Musser	21	M	22:48.1	0:30.0
108	Hugh Emerson	42	M	23:48.9	1:30.0
109	Chris Viers	39	M	23:20.7	1:00.0
110	Michael Henry	52	M	24:53.0	2:30.0
111	Mark Alexlov	29	M	22:24.5	0:00.0
112	Melissa Blickhan	19	F	25:56.2	3:30.0
113	Jesse Eickhart	21	M	22:57.9	0:30.0
114	Bill Frame	41	M	23:30.4	1:00.0
115	Carl Gardner	34	M	23:11.1	0:30.0
116	Kimberely Dill	20	F	25:45.4	3:00.0
117	Rick Pohlsander	21	M	23:21.9	0:30.0
118	Mark Sheets	20	M	24:00.2	1:00.0
119	Michelle	41	F	27:01.1	4:00.0
120	Courtney Lorenz	20	F	26:01.8	3:00.0
121	Alex Perry	13	M	27:03.6	4:00.0
122	Keith Essmyer	29	M	23:05.7	0:00.0
123	Elizabeth Gerhardt	79	F	39:37.9	16:30.0
124	Carrie Foss	20	F	26:09.0	3:00.0
125	Scott Dressel	50	M	25:42.8	2:30.0
126	Andrea Woods	53	F	29:13.9	6:00.0
127	Jennifer L. Seeker	20	F	26:14.8	3:00.0
128	Justin Baker	18	M	24:49.9	1:30.0
129	Cydney Rabourn	21	F	26:21.8	3:00.0
130	Rob Elwell	21	M	23:58.4	0:30.0
131	Jennifer Porter	21	F	26:29.1	3:00.0
132	Stephanie Thompson	18	F	27:09.9	3:30.0
133	Anna Bryant	20	F	26:44.1	3:00.0
134	Eric Farber	21	M	24:14.8	0:30.0
135	Brad Mirich	23	M	23:50.5	0:00.0
136	Lisa Essmyer	25	F	26:25.9	2:30.0
137	Jennifer Glover	29	F	26:32.7	2:30.0
138	Wildon Farwell	25	M	24:07.8	0:00.0
139	David Rouse	26	M	24:08.3	0:00.0
140	Gina Muzzy	38	F	27:59.9	3:30.0
141	Brad Volmert	24	M	24:30.7	0:00.0
142	Jason Blom	22	M	25:02.6	0:30.0
143	Amy Seewoester	19	F	28:03.2	3:30.0
144	Marvin Van Leer	62	M	28:36.8	4:00.0
145	John Johnson	17	M	26:40.1	2:00.0
146	Kim Farris	27	F	27:10.8	2:30.0
147	Joshua Botdorf	20	M	25:51.3	1:00.0
148	Chris Burns	25	F	27:26.5	2:30.0
149	Julie Dougherty	33	F	27:29.9	2:30.0
150	Dan Glover	28	M	25:26.6	0:00.0
151	Jeff Riley	22	M	26:06.9	0:30.0
152	Scott Holdridge	24	M	25:41.2	0:00.0
153	Carrie Shryock	20	F	28:47.0	3:00.0
154	Katrina Denton	19	F	29:20.3	3:30.0
155	Dana Brzozkiewicz	19	F	29:28.7	3:30.0
156	Amy Garb	21	F	28:59.8	3:00.0
157	Felicity Pino	17	F	30:04.1	4:00.0
158	Andy Arrick	26	M	26:07.8	0:00.0
159	Elizabeth Swanberg	20	F	29:13.6	3:00.0
160	Abby Moorhead	21	F	29:17.2	3:00.0
161	Pam Lanham	39	F	29:49.5	3:30.0
162	Beth McBride	21	F	29:40.1	3:00.0
164	Sadie Grabill	18	F	31:52.0	3:30.0
163	Molly Rockamann	18	F	31:52.4	3:30.0
165	Sara Frick	18	F	32:06.6	3:30.0
166	Aubrey Jennings	18	F	32:08.3	3:30.0
167	Julie Connor	21	F	31:49.7	3:00.0
168	Mark Flanegin	45	M	30:23.8	1:30.0
169	Kim Singletary	20	F	32:24.7	3:00.0
170	Daniel Poth	19	M	30:25.3	1:00.0
171	Darcy Ames	27	F	32:09.3	2:30.0
172	Reagan Vogel	18	F	33:25.6	3:30.0
173	Lindsay Martin	21	F	33:01.6	3:00.0
174	Stan Stuck	36	M	30:35.2	0:30.0
175	Lisa Fiscella	20	F	33:13.7	3:00.0
176	Kelly Patterson	20	F	33:31.0	3:00.0
177	Myra Wolf	43	F	34:44.2	4:00.0
178	John Wolf	49	M	33:14.8	2:30.0
179	Beth Ryll	18	F	35:16.0	3:30.0
180	Jennifer Scharer	20	F	34:59.4	3:00.0
181	Melissa Bomar	22	F	35:32.4	3:00.0
182	Travis Knight	22	M	33:03.7	0:30.0
183	Kevin Leung	35	M	33:18.3	0:30.0
184	Cindy Thomas	39	F	37:36.8	3:30.0
185	Kerry Thomas	40	M	35:07.7	1:00.0
186	Jody Todd	31	F	36:42.4	2:30.0
187	Bill Todd	34	M	34:43.0	0:30.0
188	Tim Duggan	18	M	39:31.0	1:30.0
189	Shane Gideumb	19	M	39:01.5	1:00.0
190	Tom Childs	20	M	39:16.2	1:00.0
191	Amy E. Hemman	21	F	41:16.7	3:00.0
192	Michele Reese	26	F	41:55.7	2:30.0
193	Jenny Chang	34	F	45:15.2	2:30.0





Columbia  
**Community**  
Recreation Center

# Fact Sheet

1. 90% of residents surveyed think the City of Columbia needs a community recreation center.
  2. A community recreation center provides a gathering place for citizens of all ages to learn, to share and to play.
  3. The current sales tax will **not** increase. The sales tax will be extended for 33 months to raise \$10.5 million to build the center.
  4. The annual operating costs of the center will be paid from user fees and revenue generated from facility and room rentals and concessions.
  5. The committee thoroughly studied four community centers in Missouri with total construction costs up to \$16 million. All four were funded by a sales tax.
- 
6. The proposed site is located at Clinkscales and W. Ash and is within close proximity to 7 different elementary and middle schools.
  7. The components of the center were determined by citizen surveys and include an indoor gym for basketball and other indoor sports, a walking/jogging track, warm water pool with lap lanes, 2 meeting/community rooms and a cardio/aerobics fitness area.
  8. The proposed center will be 60,402 square feet.
  9. School gyms are not feasible for use as a community center.
  10. Private clubs serve a part of the fitness segment of our community. A community center will serve a large segment of our population not currently served by the private clubs.
- 
11. The center will be supervised by the Columbia Parks and Recreation department.
  12. Space for a Farmers' Market and an ice arena is available. Each of these groups will explore it's own private funding for the development of their projects.
  13. Community programs such as Big Brothers/Big Sisters, Scouts and, the Boys and Girls clubs will be welcome to explore programming opportunities in the center.
  14. The center is designed to be self-supporting.
  15. For more information contact, Columbian's For a Community Center. P.O. Box 1739, Columbia Mo. 65205-1739 or, e-mail at [summit@socketis.net](mailto:summit@socketis.net) or,  
**[www.communityrec.org](http://www.communityrec.org)**



# **We Want You!!!**



Columbia  
**Community**  
Recreation Center

**We need your help, please get involved.  
Send us your name, address, phone or  
e-mail and join the team.**

**Vote Yes On Proposition #1**

**Columbian's For A Community Center  
P.O. Box 1739  
Columbia, MO. 65205-1739  
[www.communityrec.org](http://www.communityrec.org)**

***Community Spirit Building A Community Center.***

## 1999 Columbia Track Club Schedule

11/6	9 am	Runner's Choice 10k or 20k	**	Mark Wilson, 443-5171	Holiday Inn Executive Center	Awards
11/14	1:30 pm	CTC vs. Sedalia vs. JC Cross Country 5k	**	Marc Keys, 256-2635	Bethel Park	Team and individual competition
11/20	8:00 am	Jingle Bell Run for Arthritis	\$12	Randy Gay, 814-2627 or 815-3706	Mills Drive (west of Tryathletics)	Jingle Bells, awards
12/11	9:00 am	Cheese and Sauerkraut 10 miles	**	Jay Hasheider, 449-8045	Strawn Road	Awards

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

## Out-of-Town Events

- October 24 Kansas City Marathon, Kansas City, (816) 331-4286  
 November 13 Maynard Cohick Marathon and 5k, Springfield, MO, (417) 869-0990  
 14 Blue Springs 50/50 50 mile, 50k, 26.2 miles, Independence, MO, 6am, (816) 578-4565  
 20 Run for the Third, The Dogwood 8k, Sedalia, MO, 9 am, (660) 827-0274  
 25 Thanksgiving Day Classic 5k, Moberly, MO, 8 am, (660) 263-3600  
 27 Race Across Kansas Half Marathon, Galena, KS, 9:00am, (316) 848-3330



## One Hour Run Sept. 25, 1999

The annual One Hour Run, held at the Hickman HS track on Saturday, September 25, 1999, met with clear, sunny skies and cool temperatures in the 50s and 60s. The first three men and women finishers leading the pack of 15 participants left with gift certificates to Shakespeare's Pizza and all entrants left with eatable treats. Special thanks to Joe Duncan for filling in as a lap counter at the last minute, and to Leslie Schneider's son who helped out too. Race results were as follows:

Men	Laps completed in 60 mins.(rounded off)	Women	
Scott Mantooth	41	Julie Reuschel	31
Marc Keys	40	Angela Woodland	29
Steve Bourgeois	39	Marty Patton	27
Jeff Brault	39	Katie Donze	26
Mark Wilson	38	Serena Jagtiani	26
James Jorgenson	36	Erin Smith	26
Dick Hessler	35		
Dane Wilson	26		
Aaron Aaker	19		

—Race Director John Patton



Dear CTC:

I wanted to let you all know that I recently accepted a job offer in St. George, Utah and my family and I have already moved. We would like to bid a fond farewell to all of our running friends that we've come to know over the years. We also want to wholeheartedly thank the many race directors and sponsors for their support and efforts as we have enjoyed racing in the Central Missouri area for the last 18 years. Our children have just become involved in some of the races as well and we feel that we will be leaving a fantastic running infrastructure. It's sort of sad to think that St. George doesn't even have an organized running club - at least not yet!

Farewell! We'll miss you and fondly remember the good times.

Best wishes, Willy and Chris Heinrich and family

## 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

\_\_\_\_\_ \$15.00 dues

\_\_\_\_\_ \$40.00 "Silver Card" membership

\_\_\_\_\_ \$30.00 CTC member PLUS MO Runner

## COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872  
Columbia, MO 65205

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