

# COLUMBIA TRACK CLUB

## NEWS



Volume XXXII No. 6

September 1999

### Heart of America Marathon Draws More Runners



The 40th Annual Heart of America Marathon will be most noted as completing the turn-around from HOA as a competitive "runner's" marathon to a "people's" participation event. We had the 5th largest field ever, the 131 finishers being the most since we had 141 in 1981. The record field was 178 in 1978. The comparison of those finishers with today's is striking.. In '78, of the 178 finishers only four were female, in '99, 29 were female; in '78 we had 32 age 40 or over, less than 20%, while in '99, 73 were 40 or over, well over half and 12 of them were female. Never before had we more than 14 female finishers, any age. The times are slower. For example, the median time in '78 was 3:44:30 compared with a slower 4:05:41 in '99. Notice the 25 years ago column showing 22 runners under 3:00—a third of the the finishers. This year only five were under 3:00. Yes, the marathon has changed—it is truly an event for everyone assuming that "everyone" will undertake the proper preparation to do at least a five hour marathon.

Anyway, back to the 40th Annual. We got a break in the weather, a welcome break from the searing heat of the previous two months. 57 degrees at the start, high humidity, warming to low 70's, and bright sun, but lower humidity, towards the four and five hour marks.

This was Ron Chisolm's race. Ron had won in 1996 with the third fastest time on record, 2:30:43. He was back for another go at Dennis Hinkamp's mark of 2:29:15 set in 1977. Chisolm was on record pace for the first 12 miles, but gradually slipped to being 39 seconds behind at 15 miles and from there it was a matter of running on to the finish with no one pushing him. There was a battle for second. Shawn Standridge, last year's winner, caught Mark Palm shortly before the 9 mile mark and from there they ran in tandem until Standridge burst away coming down College Ave.

Andrea McGehee and Christin Rockey had a nice duel for the first place plaque for the female side. At three miles McGehee was ahead by eight seconds, but Rockey was in front by 15 seconds at 6 miles and she gradually built that lead to two minutes by the 15 mile mark. Then McGehee began closing the gap: 74 seconds at 18, 73 at 21, the St. Joe runner catching the Sparta runner going up the Providence Road hill at the Stadium and then increasing the lead to the final 1:53 margin of victory.

Age records: Male: Chisolm, age 38; Gerald Glass, a remarkable 3:12:10 at age 61; Chuck Van Duzee, 62; Lou Joline, 67; Don Osman, 68. Female: Kyleen Albert, 13; Maggie Mosier, 16; Andrea McGehee, 31; Susan Matthews, 41 (Susan ran this race 3 times in the early 80's when a student at MU, here she is 16 years later); Sondra Wheaton, 43; Rae Mohrmann, 51; De Ann Aydelott, 56; Donna Murphy, 59.

The Dave Schulte Award went to Stephen Bourgeois who ran 3:33:02 in 1998 and came back in '99 at 3:08:01, and 11.75% improvement. Barbara Fulkerson, who ran as Barbara Mueller last year, improved from 3:55:27 to 3:29:51 (10.78%) to make this a close contest.

—Race Director Joe Duncan

(Complete results are on page 4, and a hearty THANKS to all the volunteers is on page 2)

Please note: To all runners/volunteers who did not receive HOA shirts, they will be available Sept. 20 at Tryathletics.

### CTC Picnic

All track club members are invited to the annual meeting and picnic September 26, 1999 from 12:30 -2:00 pm at Oakland Park Shelter #2. (near the swimming pool). The Club will provide barbecue from Sutton's, as well as plates and drinks. Please bring a salad or dessert and your own silverware. This is a great opportunity to meet and talk with fellow runners and walkers, as well as voice your opinion about yearly events. See ya' there!



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

**August 3, 1974** Sprint Triathlon (mile, 880, 440): 1. 15 year old Bryce Allmon from Jeff City ran a 4:42.8 mile, a 2:10 880, and a 54.6 440, a 7:47.4 total. 2. Don Lewis 4:58, 2:14.8, 56.9, totaling 8:09.7. .4. Dick Hessler 4:59, 2:19.9, 62.6 (8:21.6). A DUEL: Turk Storvick, age 46, and Don Johnson, age 45: The mile: Storvick 5:18, Johnson 5:19, the 880: Storvick 2:28.1, Johnson 2:28.2, the 440: Johnson 66.0, Storvick 66.6, total: Storvick 8:52.7, Johnson 8:53.2

**August 10, 1974** 3 mile run: 1. Charles Evans 15:36, 2. Dennis Stewart 15:45. .4. Ben Londeree, 40, 16:03. .7. Dick Hessler 16:17, 8. Don Lewis 16:24, 9. Whitney Hicks 17:10, 10. Don Granberg 17:11. .14. Don Johnson 19:06, 15. Joe Duncan 19:08. .22. Doug Duncan, 13, 22:55

**August 24, 1974** 5,000 meter run on the track: 1. Stewart 15:57. .3. Londeree 16:25. .6. Hicks 17:21, 7. Granberg 17:35. .13. Duncan 19:36

**September 2, 1974** Heart of America Marathon 1. Lynn Lee, Exira, IA 2:41:47. .7. Hessler 2:47:34. .11. Rex Frazer 2:53:12. .14. Granberg 2:55:19. .17. Londeree, 40, 2:56:50. .27. Jon Herbert in his first HOA 3:09:49. .37. Joe Duncan had his best of 9 completed HOA's, 3:26:58, at age 40. .49. Jean Madden, 3:51:48. .53. Dick Carr, Pittsburg, KS, 3:58:08, winning the first annual Dave Schulte award. 67 finishers, 22 under 3:00.

**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](http://ctc.columbia.missouri.org)

**Thank You Marathon Workers:**

Once again we have a host of volunteers to thank. Without them we would have no marathon and would not receive so many complimentary remarks about our organization, friendliness, etc. Therefore, kudos to Jeanine Pagan and her crew for so magnificently taking care of the aid stations. (see below)

She had help from her family and some 30 Hickman and Rock Bridge students, most of them cross country runners. The split time-recorders: Whitney & Marge Hicks, David Lang, Dianne Priest, Richard Harris, Ken Toler, Tom Collier, Don & Beth Granberg, Jeff & Lisa Wells, Dave & Cindy Buck, and Neal Miller. The finish line crew: Dick Hessler, Tom Allen, Curt Kempf (who got the results, including the 1/2 way splits on our web site by 2:00pm), Dana Fritz, Kallie Chrisman, Karen Gordon, Leslie Schneider, Diane Seifert-Wade, Kevin Stock, Jim Crosby, Joyce Schulte. Intersection monitors: Jay Hasheider, Randy Gay (also a big help at registration), Colin Doggett, Dennis Schulte, Chris Neal, Pat Gruber, Bonnard Moseley, Will Robinson, Bob Humphreys. Finish Aid Station: Don & Ingrid Ballenger, Dr. Jill Murphey, Mike Bryant, Travis ? (the latter three from Boone Hospital as medical support, coordinated by Jill—they did a great job!). Marion Harlan and Chris Ruble had the "sag" wagon. The Boone Co. Fire Dept. Protection District gave great support on the course. Joe Machens Ford Truck Center furnished the sag wagon, Pepsi-Cola 2400 cups, Nowell's some fruit, Columbia Parks and Rec, access to rest rooms, Campus Inn for race headquarters. If anyone has not been properly recognized, that is done unintentionally.

**THANKS! TO ALL OF YOU!!**

—Joe Duncan

(We appreciate your effort, time, and great work, Joe!!)

We had a great day of the 40th HOA marathon. I would like to thank the volunteers who helped at the aid stations. First a thank you to Kathy Stobie. She got up early in the morning to help set up the aid stations and to check on the condition of the aid stations throughout the race. The "kids", young and older, who helped at the aid stations were Anne Hessler, Candice Gerling, Sarah Lanphere, Alisha Elliott, Rachel Williams, Garron Sizer, Angie Stobie, Katie Bier, the Richerts, Jennifer, Jonathon, Norm, Rachel Shrok, Ben Robinson & Robison parents, Ellen Pagan, Jessica Stobie, Dawn & Chris McGavock, Silas Koonse, Dad Koonse, Alex Shih, Josh Grosinger, Evan Young, Nathan Smith, Sarah Ortals and Jason Havey. A special thanks to the senior guys Matt Hooley, Matt Tanner and Arie Beitman who took care of everything at the farthest aid station at the Easley hill. A bouquet of thanks sent to seniors Allison Traffenstedt and Julia Schneider. They handled two aid stations around Rock Bridge Elementary in an efficient manner.

We want to thank our suppliers for the marathon. Culligan Water supplied 100 gallons of water again this year. We appreciate their providing the water, containers and pumps with such a cheerful attitude. We also want to thank the Pepsi Company in town for supplying 2400 cups. The Pierpont store allowed us to use a part of their parking area. Please support these businesses if you can.

Again, thanks to all who stayed to help even the last runners on the course. Those two ladies were the most appreciative of the participants.

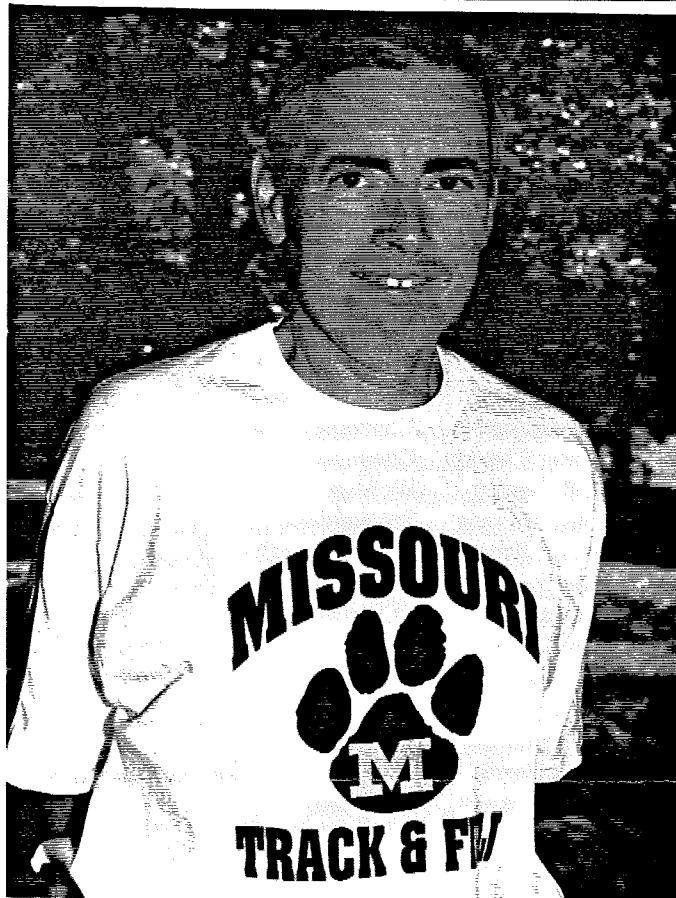
—Jeanine Pagan, aid station coordinator

**Welcome New CTC Members**

Cindy Buck

Columbia

# CTC Runner Profile



## Tom Allen

**Age:** 57

**PERSONAL RECORDS:** 5k 18:39, 10k 38:40, 1/2 Marathon 1:33:14, Marathon 3:15:14

**WEEKLY MILEAGE:** 35 to 40 miles

**WHEN DID YOU START RUNNING?**

1976, age 34

**WHAT IS YOUR FAVORITE WORKOUT?**

Long runs on Sunday, 8 to 10 miles

**WHAT IS YOUR FAVORITE TRAINING**

**ROUTE IN COLUMBIA?** Loop through Cosmos Park to Bear Creek trail, then around Cosmo golf course

**PERSONAL INFO AND INTERESTS:** Two grown children ( not runners). CTC member since 1977. Other interests: Reading, classical music, computers, and dating.

## The Great Sandbagger

August 7, 1999

On a cloudy humid morning a faithful twelve participated in the 29th annual Great Sandbagger. The previous year's winner was unavailable to present the trophy to the current *Great Sandbagger* Jennifer Polniak. Jennifer finished a healthy three minutes twenty-six seconds below her predicted time for the five+ mile course. She was being closely chased by Elaine Foster. Jennifer's name will be immortalized on the trophy. We expect her to keep the trophy in a prominent place.

The majority of the field ran faster than predicted on the relatively flat Strawn Road course. The race length was shortened this year on concern about traffic safety. If anyone has suggestions for another course, please let me know.

<b>Race Results: 5+ Miles</b>	<b>Over/Under</b>	<b>Actual</b>
Jennifer Polniak	-3:26	41:34
Elaine Foster	-3:19	42:41
Curt Kempf	-1:55	34:05
Art Bentley	-1:46	33:36
Adam Saba	-1:24	33:36
Jay Hasheider	-0:55	37:55
Karen Derrick	-0:14	40:46
Bill Schrage	-0:02	37:28
Lisa Wells	-0:01	37:59
Lisa Burger	+0:21	41:02
Jim O'Dell	+0:32	40:52
Joe Duncan	+0:45	40:45

Run a good race—Roger Turnbough

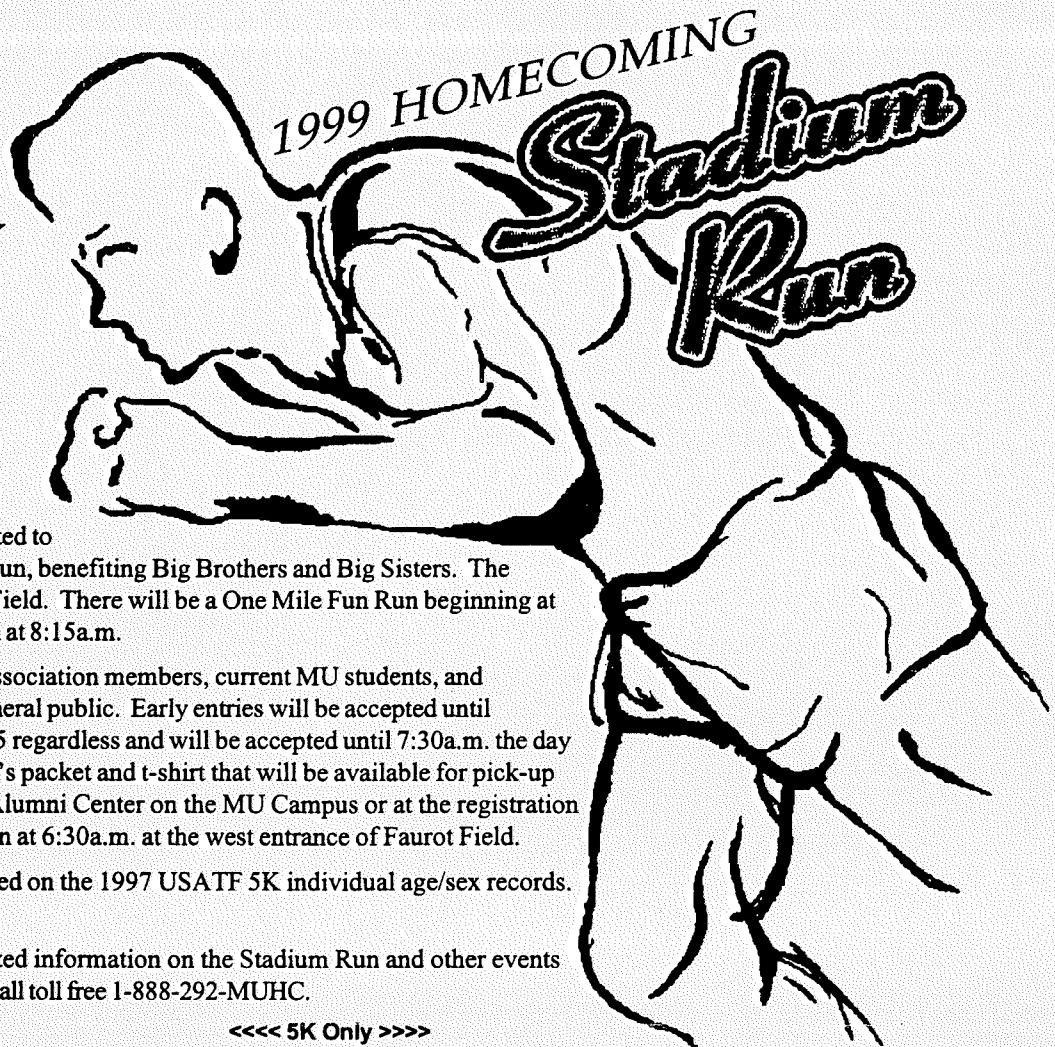
## 40th Annual Heart of America Marathon

Sept. 6, 1999

Place	Name	City	St	Age	13.1 Mile	Final							
1.	Ron Chisolm	St. Louis	MO	38	1:15:10	2:35:30	55.	Randy Dunn	Neosho	MO	42	1:52:40	3:51:59
2.	Shawn Standridge	Gladstone	MO	25	1:21:43	2:44:27	56.	Gwen Heist	St. Charles	MO	32	1:52:15	3:53:50
3.	Mark Palm	Troy	MO	35	1:21:43	2:44:53	57.	John Schulz	Columbia	MO	41	1:49:12	3:54:05
4.	Todd Beaverson	Moberly	MO	35	1:30:10	2:55:23	58.	Ben Holmes	Lenexa	KS	42	1:54:55	3:54:39
5.	Dennis Wallach	Eden Prairie	MN	42	1:28:35	2:57:02	59.	Mark Faust	London	ONTR	39	1:51:45	3:56:10
6.	Stephen Bourgeois	Columbia	MO	35	1:30:20	3:08:01	60.	Chuck Van Duzee	Bradenton	FL	62	1:57:25	3:56:51
7.	Chris Cook	Columbia	MO	28	1:29:54	3:08:56	61.	Mark Oppenheim	Univ. City	MO	33	1:51:32	3:57:01
8.	Michael Kelty	Columbia	MO	41	1:34:50	3:09:08	62.	Jay Ernst	Eldon	MO	28	1:57:08	3:59:29
9.	Dave Hester	St. Charles	MO	39	1:34:45	3:10:22	63.	Kirby Ernst	Jeff City	MO	32	1:37:47	3:59:58
10.	David Dobkowski	St. Louis	MO	41	1:38:15	3:11:06	64.	Andy Bozdech	Defiance	MO	41	1:57:09	4:00:22
11.	Kevin Guest	Rea	MO	30	1:34:06	3:11:48	65.	Kurt Rasmussen	Kansas City	MO	42	1:56:08	4:03:09
12.	Gerald Glass	Springfield	MO	61	1:36:45	3:12:10	66.	Rae Tramel	Kirksville	MO	35	2:05:55	4:05:41
13.	Jamie Mondello	Columbia	MO	44	1:36:04	3:13:25	67.	Rae Mohrmann	St. Louis	MO	51	1:57:09	4:07:34
14.	John Richardson	Kirksville	MO	45	1:38:33	3:13:33	68.	John Cigas	Kansas City	MO	39	1:51:20	4:08:05
15.	Jack Bellmer	Springfield	IL	49	1:34:55	3:13:58	69.	Lisa Burger	Columbia	MO	37	2:00:50	4:09:40
16.	Craig Israelsen	Columbia	MO	40	1:35:15	3:14:45	70.	Oscar Chavez	Columbia	MO	35	2:04:00	4:09:49
17.	Ken Gilbert	Ellisville	MO	43	1:29:45	3:21:22	71.	Bill Hendey	Worden	IL	60	1:52:40	4:09:52
18.	Andrea McGehee	Sparta	MO	31	1:40:28	3:21:26	72.	Brad Bledsoe	Springfield	MO	35	1:55:10	4:09:54
19.	Stephan Urbancezk	Warrensburg	MO	36	1:34:15	3:22:15	73.	Kevin Brown	St. Louis	MO	33	1:51:25	4:10:15
20.	Christine Rockey	St. Joseph	MO	29	1:39:05	3:23:18	74.	Joel Sartwell	Columbia	MO	39	1:53:50	4:11:17
21.	Richard Johnson	Springfield	MO	45	1:43:00	3:23:58	75.	Benjamin Caldwell	Crestwood	MO	20	1:48:45	4:11:46
22.	Stephen Young	Jeff City	MO	52	1:39:05	3:24:21	76.	David Seiler	Enfield	NM		1:48:05	4:13:25
23.	Brad Scott	Quincy	IL	43	1:44:30	3:24:57	77.	Michael Light	Auburn Hills	MI	52	2:01:58	4:15:58
24.	Roger Young	St. Louis	MO	41	1:39:00	3:25:38	78.	Bart Scott	St. Peters	MO	23	2:04:30	4:17:14
25.	Michael Baine	Olivette	MO	36		3:27:53	79.	Bill Soloman	Overland Park	KS	61	2:07:30	4:18:07
26.	Barbara M. Fulkerson	Cape Gir.	MO	37	1:41:25	3:29:51	80.	Max Harris		KS	47	1:55:27	4:19:04
27.	Bill Schwagerman	Lee Summit	MO	40	1:46:25	3:30:53	81.	Tom Dresser	Columbia	MO	55	2:07:50	4:19:28
28.	Ronnie Wilson	Ozark	MO	53	1:43:00	3:30:57	82.	Keith Dent	Columbia	MO	37	1:57:09	4:20:30
29.	Dan Fisher	Manhattan	KS	36	1:50:22	3:32:25	83.	Maggie Mosier	Manhattan	KS	16	2:05:30	4:20:40
30.	Lou Joline	Lake Lotwana	MO	67	1:47:26	3:33:09	84.	Don Miller	LaPlata	MO	55	2:07:25	4:22:11
31.	Keith Randall	Columbia	MO	41	1:37:04	3:35:15	85.	Kyle Hunt	Tulsa	OK	21	2:07:15	4:24:01
32.	Brian Schoenholz	O'Fallon	MO	20	1:51:19	3:36:46	86.	Allen Dougherty	Revere	MO	49	2:07:40	4:27:24
33.	Felipe Hernandez	St. Peters	MO	38	1:51:05	3:37:31	87.	Karen Derrick	Columbia	MO	38	2:12:30	4:29:48
34.	Herschel Turpin	Washington	MO	49	1:44:45	3:37:40	88.	Jim Daves	Morganton	NC	52	2:14:05	4:32:40
35.	Mike Tripp	Columbia	MO	40	1:45:50	3:38:16	89.	Chris Wilson	Columbia	MO	31	2:01:50	4:32:40
36.	Philip Schaefer	Columbia	MO	46	1:51:45	3:38:25	90.	Shelly Kaufmann	Lighonia	GA	40	2:12:05	4:33:40
37.	Mark Williams	St. Ann	MO	41	1:42:15	3:39:08	91.	Yen Nguyen	Houston	TX	37	2:11:55	4:34:00
38.	Jim Gunderson	St. Charles	MO	46	1:51:20	3:40:13	92.	Larry Larson	Bradenton	FL	65	2:12:40	4:34:01
39.	Marie Marchbank	Columbia	MO	29	1:45:50	3:40:17	93.	Willie Johnson	Randallstown	MD	56	2:15:20	4:35:36
40.	James Huss	St. Peters	MO	36	1:51:30	3:41:59	94.	Pat Fick	St. Louis	MO	36	1:57:35	4:36:24
41.	Mark Krueger	Mexico	MO	37	1:47:45	3:44:12	95.	Dan Wright	Macon	MO	28	2:07:35	4:39:25
42.	Michael Schupp	Lee's Summit	MO	47	1:54:33	3:44:46	96.	Joe Mortier	Columbia	MO	22	2:04:30	4:39:41
43.	Terry Smith	Blue Springs	MO	44	1:52:45	3:45:13	97.	Amy Tibbitts	Columbia	MO	27	2:07:15	4:39:54
44.	Bill Woolsey	Kansas City	MO	47	1:52:55	3:45:14	98.	Mary Taylor	Camp Verde	AZ	20	1:58:26	4:42:55
45.	Bob Dewar	Springfield	MO	54	1:51:30	3:45:18	99.	Lisa Esterline	Jeff City	MO	27	2:12:05	4:47:17
46.	Michael Montgomery	Franklin	TN	52	1:47:05	3:45:43	100.	Dee Ann Aydelott	Troy	MO	56	2:16:55	4:47:21
47.	Jeff Perry	Kansas City	MO	39	1:54:47	3:48:52	101.	A. J. Probst	Linn	MO	35	2:11:55	4:47:53
48.	Kevin Albert	St. Peters	MO	39	1:47:59	3:48:53	102.	David Hallman	Rolla	MO	39	2:12:00	4:47:54
49.	Susan Matthews	Kansas City	KS	41	1:55:15	3:49:01	103.	Jeff Martin	St. Charles	MO	36	2:15:25	4:50:24
50.	Mark Livesay	Columbia	MO	33	1:47:24	3:49:29	104.	Guy Lanphere	Columbia	MO	49	2:20:25	4:53:34
51.	Tod Holdorf	Columbia	MO	36	1:36:05	3:49:32	105.	Robert Smith	Junction City	KS	56	2:16:30	4:55:34
52.	Jerry Cox	St. Charles	MO	42	1:55:29	3:49:45	106.	Don Osman	Camp Hill	PA	68	2:23:25	4:56:53
53.	Glenn Ezell	Twin Cities	MN	42	1:55:41	3:49:46	107.	Curtis Cormier	Houston	TX	44	2:32:15	4:57:54
54.	Frank Pasquith	Emporia	KS	51	1:55:05	3:49:59	108.	Deckle McLean	McComb	IL	58	2:19:55	4:59:44

(Continued on page 5)

**SATURDAY**  
**October 9,**  
**1999**



**The MU Alumni Association**

and Homecoming Steering Committee are excited to bring to you the 1999 Homecoming Stadium Run, benefiting Big Brothers and Big Sisters. The run will be held on October 9, 1999 at Faurot Field. There will be a One Mile Fun Run beginning at 8:00a.m. followed by the 5K Run/Walk to begin at 8:15a.m.

Early entry fees will be \$10 for MU Alumni Association members, current MU students, and Columbia Track Club members and \$12 for general public. Early entries will be accepted until September 30, 1999. Late entry fees will be \$15 regardless and will be accepted until 7:30a.m. the day of the race. The entry fee will include a runner's packet and t-shirt that will be available for pick-up October 4th through the 8th in 123 Reynolds Alumni Center on the MU Campus or at the registration desk on the day of the race. Check-in will begin at 6:30a.m. at the west entrance of Faurot Field.

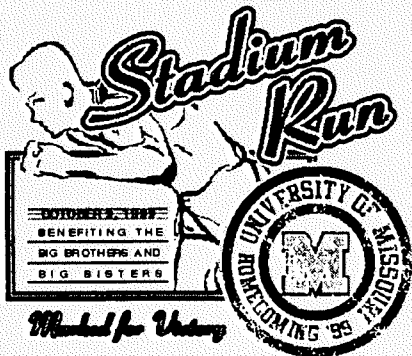
The race will have staggered starting times based on the 1997 USATF 5K individual age/sex records. The handicaps are listed on the chart below.

Please visit our homecoming website for updated information on the Stadium Run and other events at [WWW.HOMECOMING.MIZZOU.COM](http://WWW.HOMECOMING.MIZZOU.COM) or call toll free 1-888-292-MUHC.

(In Minutes) <<<< 5K Only >>>>

HANDICAP	16.5	16	15.5	15	14.5	13.5	13	12.5	12	11.5	11	10.5	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0
<b>MEN</b> (Age)											78+				5, 77		6, 76		7, 75	8, 74	9, 72, 73	10, 70, 71	11, 66-69	12, 63-65	13, 60-62	14, 58-59	15, 53-57	16, 49-52	17, 46-48	18, 42-45	19, 37-41	20, 34-36	21, 23-23
<b>WOMEN</b> (Age)	78+	77	76	75	74	73	72	71	5, 70	6, 69	68	67	65, 66	64	63	62	6, 61	7, 60	8, 57-59	9, 55-56	10, 53-54	11, 51-52	12, 48-50	13, 45-47	14, 40-44	15, 38-39	16, 36-37	17, 33-35					

**FOR MORE INFORMATION REGARDING HOMECOMING 1999, PLEASE CALL 1-888-292-MUHC OR VISIT OUR WEBSITE AT [WWW.HOMECOMING.MIZZOU.COM](http://WWW.HOMECOMING.MIZZOU.COM)!**



**Entry Fees**

\$10 x \_\_\_ # of runners (MUAA Member / MU Student / CTC)

\$12 x \_\_\_ # of runners

Total amount enclosed/charged \$ \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Telephone: ( ) - \_\_\_\_\_ - \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Shirt Size: S M L XL

WAIVER OF LIABILITY: In consideration of this entry, I the undersigned, intending to be legally hereby for myself, my heirs, my executors, and administrators, waive and release any and all claims for damages I may have against the MU Alumni Association, Homecoming Steering Committee, the Columbia Track Club and other organizations sponsoring this race and their representatives, successors, and assigns for any and all injuries suffered by me in said event.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

Please make check payable to *MU Alumni Association* or charge:

☐ Visa ☐ MC ☐ Discover

Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature (required for credit card payment) \_\_\_\_\_ Date: \_\_\_\_\_

**MAIL TO:** HOMECOMING STADIUM RUN  
123 Reynolds Alumni Center  
Columbia, MO 65211

**FAX:** (573) 882-5145

**PHONE:** 1-888-292-MUHC



COLUMBIA TRACK CLUB

# SHOW-ME YOUR LEGS FOR LEUKEMIA!

TRYATHLETICS

LEUKEMIA SOCIETY  
TEAM IN TRAINING



## 5K RUN/FUN WALK

OCTOBER 2, 1999

COLUMBIA, MO

**START: 8am at Twin Lakes Pavilion**

ALL PROCEEDS BENEFIT LEUKEMIA SOCIETY OF AMERICA  
RUN OR WALK IN HONOR OF A FRIEND OR LOVED-ONE.

### AWARDS FOR 5K:

Top male and female overall, 1st place in these  
age categories: 10 & under, 11-14, 15-19, 20-24,  
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59,  
60-64, 65+

**ENTRY FEE:** \$12.00 (individual)  
\$20.00 (Adult w/one child)  
\$8.00 (each addtl. child)

**ENTRY DEADLINE:** Sept. 27, 1999 or register at packet pick-up.

\*\*\*\*\*

**\*\* T-Shirt to all participants \*\***

**PACKET PICKUP:** Tryathletics 1605 Chapel Hill Rd, Columbia  
Oct. 1st - 3pm - 7pm or 7:30 am on race day at Twin Lakes Pavillion

**\*\*\* Exciting Door Prizes \*\*\***

**COURSE:** Columbia MKT trail toward Stadium Blvd. w/start and end at  
Twin Lakes pavilion.

### Special award for the "best-looking" running legs!

Judged by local celebrity, Simon Rose of 102.3 KBXR and KFRU NewsTalk 1400/AM



ENTRY FORM:

MAIL CHECK TO:

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

JULIE REUSCHEL  
39 BROADWAY VILLAGE DR  
APT B  
COLUMBIA, MO 65201

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

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

PHONE: \_\_\_\_\_ AGE ON 10/2: \_\_\_\_\_ SEX: M / F

**CHECKS PAYABLE TO:**

ENTRY FEE: \$ \_\_\_\_\_

**SHOW-ME YOUR LEGS  
FOR LEUKEMIA**

**ADDITIONAL DONATION TO LEUKEMIA SOCIETY \$ \_\_\_\_\_**

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages that I might have against the Leukemia Society of America or Columbia Track Club for any and all injuries suffered by me as a result of this event.

Signature: \_\_\_\_\_

Signature of parent or guardian if entrant is under 18: \_\_\_\_\_



## 1999 Columbia Track Club Schedule

9/25	8 am	One Hour Run	**	John Patton, 443-1636	Hickman Track	Awards
10/9	8 am	MU Homecoming Big Brothers/Big Sisters Stadium Run 5k/ 1 mile run	\$10	Curt Kempf, 446-2878 Scott Dressel 751-9203 (w) or 696-3384 (h)	Faurot Field	Staggered start based on age/sex; awards to top 30 finishers, t-shirts
11/6	9 am	Runner's Choice 10k or 20k	**	Mark Wilson, 443-5171	Holiday Inn Executive Center	Drawing for Prizes
11/14	1:30 pm	CTC vs. Sedalia vs. JC Cross Country 5k	**	Michele McFadden, 449-1760	Bethel Park	Team and Individual competition

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

## Out-of-Town Events

September	18	Pony Express Run 5k, 10k, and Half Marathon, St. Joseph, MO, 8 am, (816) 232-3344
	19	Jesse James 5k and 10k, Kearney, MO, 8 am, (913) 381-8930
		Einstein Bros. Bagel Run for ALS, Kansas City, 8 am, (913) 648-2062
	25	River City Road Race 5 mile and 1 mile, Kirkwood, 8 am, (314) 822-1406
		Liberty Fall Festival 8k, Liberty, 7 am, (816) 781-5200
	26	Smithville 8k Dam Run, Smithville, MO, 7:30 am, (816) 532-4444
		Cliffhanger 5k/8k, Kansas City, 9 am, (816) 741-2314
October	2	FCA Apple Festival Run/Walk 10/2 mile, Versailles, 7am, (573) 378-6162



(Continued from page 4)

109. Jennifer Cole	St. Louis MO	40	2:20:37	5:00:43	129. Rosemarie Lewin	Riverside CA	47	2:49:10	5:50:58
110. Michael Malone	Poplar Bluff MO	45	2:34:30	5:04:56	130. Dottie Duncan	Chicago IL	45	2:52:15	6:10:44
111. Kathleen Heagney	Alexandria VA	46	2:32:20	5:05:41	131. Ellen McLain	Jeff City MO	33	2:52:05	6:10:44
112. Dominic Denio	Arlington VA	48	2:23:20	5:05:41					
113. Jerry Sullivan	Metairie LA	37	2:32:15	5:05:43					
114. Bill Whipp	Carlisle OH	55	2:29:30	5:10:42					
115. Michael Henry	Fulton MO	52	2:27:10	5:14:11					
116. Maggie McCoy	Prairie Village KS	49	2:36:50	5:16:46					
117. Donna Murphy	Kansas City MO	59	2:36:50	5:16:47					
118. Bill Stockglausner	Columbia MO	48	2:19:30	5:17:02					
119. Joseph Thomas	Waynesville MO	54	2:29:40	5:19:39					
120. Julie Dougherty	Higbee MO	33	2:20:37	5:26:31					
121. Kyleen Albert	St. Peters MO	13	2:30:50	5:29:47					
122. Oon Suan Albert	St. Peters MO	40	2:30:50	5:29:47					
123. Kevin Kepley	Manchester MO	45	2:41:50	5:32:14					
124. Randall Hansen	Esterville IA	52	2:34:45	5:38:02					
125. Lisa Taylor	Bartlett TN	26	2:44:30	5:40:12					
126. Tom Conrad	Reston VA	63	2:47:50	5:47:58					
127. Jack Hudson	Mexico MO	54	2:34:45	5:48:42					
128. Sondra Wheaton	Memphis TN	43	2:44:30	5:50:05					

The MSHSAA has issued a plea for ten course marshals for the state high school cross country meets for November 6 in Jeff City. We hope the CTC members will respond to this request. The races will be at the Oak Hills Golf Course (if you respond, a map will be sent to you). The first race is at 10:00am, the 8th, and last, is at 2:10. You are invited to a breakfast (at the Elks Club, across the street from the golf course) which begins at 7:30 and you will be provided lunch. If you can help, please call Fred Binggeli, of the MSHSAA, at 445-4443, or you can tell Dick Hessler or Joe Duncan of your willingness to help.

## 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

FORWARDING SERVICE  
REQUESTED

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

12/00

Joyce Schulte  
1102 Broadway Street  
Audubon, IA 50025-1424