

Columbia Track Club Cheese and Sauerkraut 10-Miler
McBaine Katy Trailhead
USAT&F Certified Course MO20011MU
December 4, 2021

For the first time since Jan. 22, 1975, the Cheese and Sauerkraut 10-Miler was contested on a certified course, thanks to Tom May. The current course, measured with a wheel and GPS watch, turned out to be 105 feet long. This December 4th, it was an honest 10 miles. We had nearly perfect conditions with clear skies, minimal wind, and temperatures in the low-40s F. The perfectly flat and dry 105 feet shorter course made this race a good bet to see some CTC and possibly Missouri state road racing records fall. Thus, I made sure to engage the help of a handful of CTCs best and brightest members to help ensure that this race lived up to its 47-year reputation for quality runner support. Anne Hessler purchased a bountiful selection of fine cheeses and a jar of sauerkraut, Nancy Rezabek baked some tasty goodies, Thom Allen kept a computerized real-time accounting of predicted vs. actual times, Tony Taube ran a backup Seko timer, while Nancy Rezabek and Randy Gay managed the order of finishers. The occasional distant shotgun blasts kept the support crew awake and served as a reminder of how little has changed with this race over all the years.

A few Columbia Track Club records were broken! Nancy Taube set a new women's 60-69 record with a 1:20.29, beating the previous record of 1:41.07 set in 12-09-89 by Elizabeth (Boots) Gerhardt. That was the same race that Nancy Fritsch ran 1:27.37 in to set the 50-59 record that still stands. Dan Edidin set a new men's 50-59 record by running 1:03.13, beating the old record of 1:05.28 set in 12-11-93 by Dick Hessler. Kent Lang set a men's age-59 Missouri State 10-mile road record with his 1:04.14, beating Chris Bierman's old mark of 1:08.45 set in 2018. Dan was close to the current MO state record for age 53 set by Richard Leiboult @ 1:00.41 in 4-17-2010.

Our own Tom May has the 54-age record of 1:02.33, so Andy and Dan have that to challenge next year.



Dick Hessler
Race Director



Dick Hessler, Andy Emerson (cheese winner) Luis Occena (sauerkraut winner), Thom Allen

Sorted by actual time						
Place	First Name	Last Name	Age	Predicted HH:MM:SS	Actual HH:MM:SS	Difference MM:SS
1	Takashi	Murashita	43	1:06:00	1:02:34	03:26
2	Dan	Edidin	53	1:05:00	1:03:13	01:47
3	Kent	Lang	59	1:08:45	1:04:14	04:31
4	Andy	Emerson	53	1:09:00	1:09:05	00:05
5	Kenny	Williams	40	1:16:00	1:12:33	03:27
6	Todd	Thompson	57	1:17:00	1:16:46	00:14
7	Art	Witte		1:18:00	1:19:32	01:32
8	Nancy	Taube	61	1:22:00	1:20:29	01:31
9	Steve	Stonecipher-Fisher	65	1:18:00	1:20:32	02:32
10	Ann	Koenig	48	1:22:00	1:20:36	01:24
11	Erin	Schliep	37	1:22:00	1:20:37	01:23
12	Kimberly	Earnest	41	1:22:00	1:22:20	00:20
13	Kurt	Kennett	53	1:28:00	1:26:19	01:41
14	Hugh	Emerson	64	1:30:00	1:29:24	00:36
15	Fred	Koenig	49	1:40:00	1:29:24	10:36
16	Kathy	Occena	58	1:45:00	1:34:56	10:04
17	John	Korte	48	1:36:00	1:37:58	01:58
18	Lisa	Wells	58	1:40:00	1:37:59	02:01
19	Kelly	Sabulsky	59	1:35:00	1:40:50	05:50
20	Paula	Rawlings	57	1:39:00	1:41:47	02:47
21	Luis	Occena	62	2:10:00	1:58:00	12:00
	Evan	Miller		1:30:00		
	Jess	Miller		1:30:00		

Sorted by **accuracy of prediction**

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