

Columbia Track Club 46th Annual Nut Race 5K
Corporate Lake Certified 5K Course - MO20008MU
Sunny, slight wind, mid-20s
February 19, 2022

Thanks to Tom May who certified this course, we moved the race from the Reactor Loop and inaugurated what turned out to be a very fine course. We had ice and 8" of snow Wednesday evening and part of Thursday, but the denizens of Corporate Lake had all the streets plowed and all the streets save one corner were free of the slippery stuff.

The male winner was Tony Galanti (Gallant in Italian), a Mizzou Running Club member, who crossed the "line" in 16:28.0. He won a 2lb. bag of M&M Peanuts as did the first-place female, Abby Teaman, also a Mizzou Running Club athlete, who finished 15th in 21:29.5. All other finishers got a regular-size package of M&M Peanuts along with a finish place stick as they crossed the line. Given the pain of calculating top three in age groups in sub-freezing weather, we decided to adopt Anne's suggestion just give everyone a treat and the top male and female an award.

As a matter of fact, twenty-seven of the thirty-seven finishers were from the Mizzou Running Club and it must be noted that CTC supports MRC financially. After watching hours of Winter Olympics coverage, it was a joy for me to host the MRC, CTC, and Blue Thunder Track Club athletes whose appreciation for the sport and demonstration of respect and courtesy toward each other and to Thom Allen (timer), Tony Taube (awards coordinator), and Anne Hessler (recorder of results) were exemplars of what sport should be about. Lucas Schneller-Mahler, just 9-years old and a member of the Blue Thunder club, got a huge cheer for all the runners who had hung around to bring him in. Lucas was in his first road race and handled the cold and distance beautifully, finishing 33rd in 31:03.4 with his running bud, Adrienne Frech, right behind him in 31:04.5.

On the CTC side of things, Andy Emerson finished 12th in 21:09.7, Todd Thompson placed 17th in 22:38.4, Nancy Taube, CTC President, finished 23rd in 24:17.0, Mary Ellen Bradshaw was 25th in 25:09.1, Kurt Kennett was 29th in 25:45.4, Hugh Emerson was 32nd in 26:51.7, and Kathy Lee finished 35th in 32:05.8.

Given that the course is certified, runners should check their times against the Missouri Valley road racing age group records. Again, thanks to Tom May for certifying the course. A special thanks to Anne Hessler, Thom Allen, and Tony Taube for making the race possible.

PLACE	NAME	TIME
1	Tony Galanti	16:28.0
2	Matthew Griffith	17:20.2
3	Evan Jacobs	18:15.3
4	Bradley David	18:15.8

5	Ethan Sturm	19:19.1
6	John Gordon	19:53.3
7	Joel Boenitz	20:03.3
8	Connor Raymond	20:21.8
9	Teddy Ceresit	20:27.8
10	Kellen Clowe	20:33.4
11	Andrew Richardet	20:41.6
12	Andy Emerson	21:09.7
13	Josh Fajardo	21:20.6
14	Ashenton Turner	21:26.4
15	Abby Teaman	21:29.5
16	Tyler Rodgers	21:35.9
17	Todd Thompson	22:38.4
18	Grace Purcell	23:28.6
19	Kristyn Morgenthaler	23:40.2
20	Kaylee Gay	23:50.2
21	Alisha Macas	23:59.3
22	Natasja Haffner	24:01.0
23	Nancy Taube	24:17.0
24	Gottlieb Gerstenecker	24:54.0
25	Mary Ellen Bradshaw	25:09.1
26	Alex Boren	25:30.1
27	Katie Athey	25:37.9
28	Kiara Delgato	25:38.7
29	Kurt Kennett	25:45.4
30	Katie Gray	25:50.9
31	Ashtyn Melton	25:52.4
32	Hugh Emerson	26:51.7
33	Lucas Schneller-Mahler	31:03.4
34	Adrienne Frech	31:04.5
35	Kathy Lee	32:05.8
36	Allie Stephens	32:34.9
37	John Keefer	32:36.0