

Cheese & Sauerkraut 10-Mile Road Race, December 3, 2022

Sunny, low 20sF, slight wind, conditions that are hard on the officials and easy on the thirteen runners who toed the start line at the Katy Trail McBaine trailhead. Tom May got the course certified (# MO20011MU) and Randy Gay, co-race director and I drove to the turnaround point to look for the surveyor nail that Tom hammered into the middle of the asphalt road fairly near the now-closed Katfish Katy's in Hunttsdale. The spot is very remote so it was a surprise to find Tom May marking the spot with green spray paint. Randy dropped the large cone over the surveyor nail and we headed back to start the race with the turnaround sporting a brightly colored cone dominating the middle of the road.

From the start line at the trailhead, the runners go up the trail to the paved road, Rte. K, turn right and run past the ancient burr oak tree, cross the Katy Trail, follow the paved road to the cone, back and turn left on the Katy Trail to the trailhead start line. Repeat, and you just ran 10 certified miles. One thing I should have done was place a sign with an arrow pointing straight ahead just before crossing the Katy Trail. This would have helped keep two runners from turning onto the trail and following it parallel to Rte. K well into Hunttsdale before realizing their mistakes. They were running at a good clip and had covered perhaps 10 miles by the time they got back to the start time and decided to call it quits, as did another runner.

With Thom Allen recording times and calculating who had the best and worst predicted times (no watches or splits), Randy running a backup timer, and Tony Taube recording names and places of the finishers, we successfully got everything correct, so records and prizes are legitimate for this year's edition of the C&S.

Katie Hauser was way too hard on her assessment of her conditioning and won the large jar of Sauerkraut for underestimating her 1:06:38 by 3 minutes and 24 seconds. The 1:06.38 got her 4 th place overall and first female honors. Kent Lang won a fine cheese assortment and finished third overall in the time of 1:06.2, just 33 seconds from his predicted time.

Kent Lang, Tom May, and Nancy Taube set new MO age-group 10-mile road race records. Kent broke the age 60 mark (1:06:56) with his 1:06:19, Tom May broke

the age 56 mark (1:04:52) with his 1:02:57. H2CTC, and Nancy Taube smashed the old record of the age 62 mark (1:33:58), set at the Frostbite StL on 12/29/2018. Her new record is 1:17:59. H2CTC (Hail to Columbia Track Club)!

Many thanks to Anne Hessler who shopped for the cheese and sauerkraut and made muffins for the officials, Thom Allen, Randy Gay, and Tony Taube, whose help made the race possible.

Dick Hessler
Randy Gay

2022 Cheese & Sauerkraut 10 Mile Prediction Run Results

	Age	Predicted	Actual	Difference
Allan Benjamin	67	1:40:00	1:37:41	02:21
Andy Emerson	54	1:11:00	1:14:16	03:16
Tom May	56	1:04:00	1:02:57	01:05
Kent Lang	60	1:06:50	1:06:19	00:33
<i>Cheese</i>				
Nancy Taube	62	1:20:00	1:17:59	02:03
Sally Heil	24	1:20:00	1:17:59	02:03
Katie Hauser	41	1:10:00	1:06:38	03:24
<i>Sauerkraut</i>				
Kelly Sabulsky	60	1:39:00	1:37:39	01:23
Ryan Hauser	41	1:04:00	1:04:41	00:41
Takashi Murashita	44	1:07:00	1:09:60	02:60