

Columbia Track Club 47th Annual Nut Race 5K
Corporate Lake Certified 5K Course – MO20008MU
Columbia, MO, 9:00 a.m., Saturday, February 11, 2023.

Sunny, no wind, low 20s and climbing, 54 finishers. The 5K course was USAT&F certified two years ago thanks to the hard work of Tom May and others. We were able to conduct the race without errors thanks to the expertise and hard work of Anne Hessler, Nancy Rezabek, Tony Taube, and Thom Allen.

The Mizzou Running Club, which CTC supports financially, showed up in force, much to the pleasure of the race staff. Top female finisher was Sally Heil (19:29.4) with Alyssa Demma (20:05.4) close behind her. The top male was Tony Galante (16:11.2) with Matthew Griffith a very close second (16:14.0). Both Gallanti and Heil won 24 oz jars of cashews, while all other finishers took home 1.74 oz packages of M&M peanuts. Richard and Nicci Allen brought their four daughters, Sage Chloe, Harper, and Paxley. All ran well, between 25:04.5 (Sage, age 11) and 31:05.7 (Chloe, age 12).

Dick Hessler, Race Director

Official Results

PLACE	NAME	TIME
1	Tony Galante	16:11.2
2	Matthew Griffith	16:14.0
3	Joel Benitz	16:38.8
4	Takashi Murashita	18:44.0
5	Sally Heil	19:29.4
6	Braden Thoele	19:46.6
7	Alyssa Demma	20:05.4
8	Noah McMullen	20:19.3
9	Khuram Chondhry	20:23.7
10	Abby Teaman	20:27.1
11	Austin Robbe	20:50.5
12	Kellen Clowe	20:58.9
13	Ashton Turner	21:11.2
14	Henry Koenig	21:15.0
15	Andy Emerson	22:18.5
16	Kristyn Morgenthaler	22:36.7
17	Darrin Young	22:51.8
18	Nancy Taube	23:22.8
19	Rosie Johnson	23:59.9
20	Brooke Coates	24:02.7
21	Craig Nichols	24:04.1
22	Phil Schaefer	24:09.0
23	Andrew Richardet	24:12.0
24	Benjamin Strotheide	24:12.7
25	Teddy Ceresia	24:31.6

26	Mary Ellen Bradshaw	24:43.1
27	Mallory Moats	24:45.5
28	Kurt Kennett	24:54.9
29	Chloe Webb	25:02.4
30	Sage Allen	25:04.5
31	Brent Cary	25:05.2
32	Katie Athey	25:26.2
33	Grace Purcell	25:26.6
34	Natasja Haffner	25:27.1
35	Hugh Emerson	25:28.4
36	Jeremy Milarsky	25:32.0
37	Gottlieb Gerstenuker	25:34.7
38	Regina DePietro	26:04.1
39	Hadley Thurwanger-Hunt	26:14.0
40	Nick Thurwanger	26:14.5
41	Richard Allen	26:45.8
42	Jarett Whistance	27:10.0
43	Harper Allen	27:32.8
44	Paula Rawlings	27:48.9
45	Kevin Tyler	28:17.7
46	Clare Weimer	28:18.4
47	Ann Weimer	28:39.8
48	Paxley Allen	29:54.1
49	Nicci Allen	31:04.7
50	Chloe Allen	31:05.7
51	Kathie Lee	31:39.2
52	Karen Derrick	31:58.8
53	Connor Krueger	33:46.4
54	Terri Krueger	35:44.6