

Columbia Track Club 46th Annual Nut Race

Corporate Lake Certified 5K Course

February 17, 2024

The temperature at the 9:00 a.m. start was 15F with a wind chill of 8F, real Nut Race weather. Forty-five hearty souls started and 43 finished all three loops. The clear skies and road made for fast, but brutally cold racing, enhanced by two bare-legged runners, a singlet clad one, and one guy in a costume. Thirty runners were from the University of Missouri Running Club, a talented and most pleasant group to be sure. The cold put the Seiko watch out of commission after the 22nd runner, so hopefully people ran personal watches and recorded their times. If I recall college physics, ions in batteries come to a majestic halt in very cold temperatures, thereby absolving Thom Allen, the most experienced and accurate hand-held timer extant, from personal responsibility in the matter.

Kaitlin Shea finished 6th and won the women's division in 18:10.1 while Matthew Griffith took the men's in 15:57.9. Master's runners Tony Rigdon (20:14.7), Mark Keys (21:05.2), Andy Emerson (22:12.7), Hugh Emerson, Kurt Kennett, and Paula Rawlings, ran great races.

Special thanks to Thom Allen for timing, Anne Hessler for recording results, and Tom May for certifying the course last year, and for re-marking the start and finish lines for this year's race.



Results

<u>Name</u>	<u>Place</u>	<u>Time</u>	
Matthew Griffith	1	15:57.9	1 st Male
Tony Galanti	2	16:17.6	
Noah McMullen	3	16:44.4	
Luke Matson	4	17:21.5	
Shaun Keys	5	17:37.9	
Kaitlin Shea	6	18:10.1	1 st Female
Evan Nitchman	7	18:34.00	
Brendan Berger	8	18:34.1	
Tanner Trettin	9	18:49.3	
Luke Reaume	10	18:52.3	
Nick Meier	11	19:23.6	
Alyssa Demma	12	19:27.9	2 nd Female
Teddy Ceresia	13	19:39.4	
Jackson Sniff	14	20:06.4	
Tony Rigdon	15	20:14.7	1 st Masters
Nic Ellinger	16	20:36.5	
Kellen Clowe	17	20:40.8	
Ashton Turner	18	20:54.1	3 rd Female
Marc Keys	19	21:-5.2	2 nd Masters
Abby Teaman	20	21:09.3	
Geoffrey Penn	21	21:11.8	
Andy Emerson	22	22:12.7	3 rd Masters
Rachel Hamaker	23	22:21.4	
Braden Thoele	24		
Kristyn Morganthaler	25		
Benjamin Strotheide	26		
Natalie Fieldcamp	27		
Alisha Macas	28		
Gregory Jacobs	29		
Mattory Moats	30		
Sidney Turlington	31		
Katie Gray	32		
Ethan Sturm	33		
Chloe Horstman	34		

Ann O'Halloran	35	
Khuram Choudhry	36	
Hugh Emerson	37	Masters
Kurt Kennett	38	Masters
Brayden Flatt	39	
Ben Lake	40	
Paula Rawlings	41	Masters
Jordan Nitchman	42	