

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXIII No. 1

February 2000



### Couples' Race

January 9, 2000

Couples' Race: Bethel Park 4 mile loop. Sunday, Jan. 9, 2000 at 2 p.m. The weather was ideal for a 4 mile road race with the temperature around 45, sunny, and light wind. Eleven folks ran officially and another couple tagged along unofficially. Winning teams got two \$10.00 certificates to Chris McD's who donated two certificates. A special thanks to Don Granberg who kindly sacrificed part of his football Sunday to help officiate.

1. Tim Vanderlugt	34	21:35
2. Chris Neal	24	26:13
3. Tom Allen	57	28:46
4. Chris Janku	47	30:04
5. Anne Janku	43	30:17
6. Angela Woodland	32	31:09
6. Kevin Woodland	35	31:09 (tie)
8. Jim O'Dell	56	31:10
9. J.B. Waggoner	31	33:09
10. Andrea Woods	53	36:47
11. Laura Fick	53	41:06

Tim is in the Army Reserves temporarily stationed at Ft. Leonard Wood. Usually he hails from Bend, Oregon. Winning teams were Laura Fick and Jim O'Dell; Angela and Kevin Woodland; Andrea Woods and Tom Allen; and Anne and Chris Janku (fastest team).

Dick Hessler, Race Director

### Summer Track Events

Dust off your track shoes and get ready for some speed! This summer the track club will host seven all-comers track events. The events, ranging from 400 meters to 5000 meters, will be held at MU track, Tuesday evenings at 7 pm. The schedule is listed below. All ages are welcome, and questions can be directed to Marc Keys at 256-2635.

June 13	1600m and 400m
June 27	3200m
July 11	1600m and 800m
July 22 (Sat.)	5000m
July 25	800m and 400m
Aug. 1	3200m
Aug. 15	1600m and 400m



*St. Patrick's Day 5k*

*Saturday, March 18*  
*8:00am*

There will be a new race course this year, beginning and ending at Courthouse Square, downtown Columbia. Runners and walkers of all ages and fitness levels are welcome in one of our biggest races of the year.

Come join the fun!

*Quote of the Month:*

*"Hills are speed-work in disguise."*

*Frank Shorter*

**25 years ago****Looking Back****By Joe Duncan**

**January 4, 1975** Five Mile Run: 1. Fred Binggeli 25:35, 2. Rick Katz 25:40, 3. Charlie Evans 26:55, 4. Dick Hessler 27:31, 5. Ben Londeree 28:09, 6. Don Lewis 28:35. . . Five Mile Walk: 1. Augie Hirt 40:15

**January 18, 1975** 20 kilo Run : 1. Rick Katz 1:08:47, 2. Evans 1:11:02, 3. Hessler 1:12:22. . . 5. Don Lewis 1:15:12. . . 8. Don Granberg 1:18:21. . . 11. Joe Marks 1:24:05, 12. Joe Duncan 1:33:58

20 kilo Walk: 1. Hirt 1:43:50, 2. Randy Mimm 1:59:11, 3. Leonard Busen 2:04:48, 4. Rob Spier and Dave Leuthold 2:23:04.

**February 8, 1975** 10,000 Meter Road Run: 1. Katz 33:51, 2. Dennis Hinkamp 34:36, 3. Hessler 35:32, 4. Lewis 36:15, 5. Whitney Hicks 36:45. . . 7. Granberg 38:04. . . 13. Turk Storvick 41:14, 14. Duncan 45:17, 15. Doug Duncan 52:46

The Walk: 1. Hirt 59:00

A cold, windy 22 degrees—this was the day someone stole a bunch of sweats and Turk's car keys, all of which turned up later at the police station. But as Dick Hessler said, "Nothing is sacred anymore."

**February 22, 1975** 12 Mile Run: 1. Rick Callison, SMS, 1:05:25, 2. Katz 1:10:40. . . 4. Hessler 1:13:29, 5. Lewis 1:15:00. . . 8. Granberg 1:20:53. . . 10. Marks 1:22:01, 11. Storvick 1:22:40. . . 13. Duncan 1:31:22. Hirt and Al Schrik walked in 1:43:15 and 1:44:12.

This was probably one of the most miserable race days for a CTC event—32 degrees at the start with a hard rain, which turned to sleet during the run, then snow which was a prelude to a 13" snowstorm. The footing over the last half was icy, very treacherous, yet Callison ran at a 5:27 pace even on that kind of footing.

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary-treasurer
Mark Wilson	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Curt Kempf
Amy Gundy	Jay Hasheider
Marc Keys	Linda LaFontaine

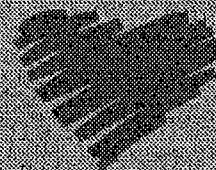
The Columbia Track Club Newsletter is published as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

Gary and Amy Gundy, CTC Newsletter editors  
411 Maplewood Dr., Columbia, MO 65203  
Ph: (573) 874-2407  
e-mail: gundy@tranquility.net

CTC web page: [ctc.columbia.missouri.org](http://ctc.columbia.missouri.org)

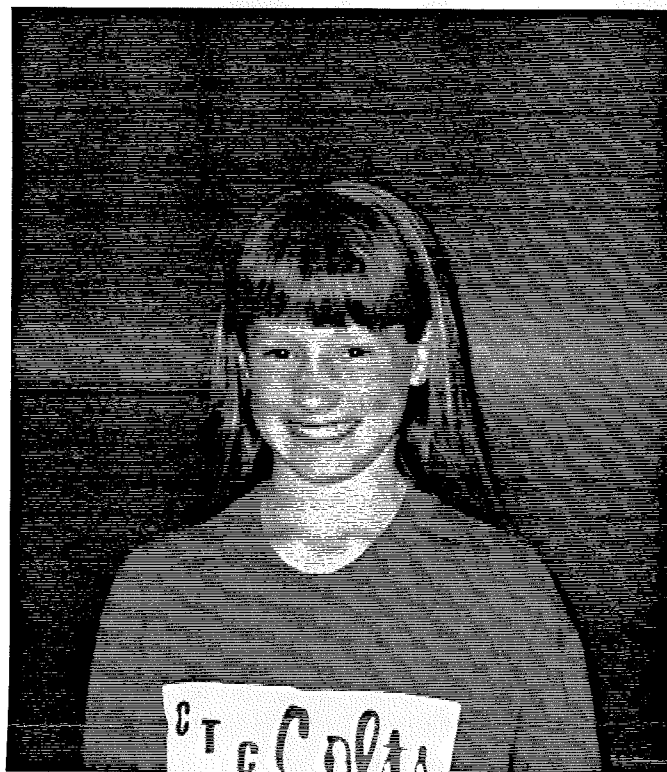
**Running Shorts. . .**

- The Naval ROTC unit at MU will host a 10k race on March 5, 2000 at 9:00 am. The race will begin at Reactor Park, and there will be t-shirts and awards. For more information and entry forms, see [NROTC10k@hotmail.com](mailto:NROTC10k@hotmail.com) or call Dan Benz at 882-6653.
- Mark Wilson, Scott Mantooth, and Randy Starr ran in the Wynne Marathon in Wynne, Arkansas. Mark ran 2:53:04, Scott 2:39:15, and Randy 2:29:53. Congratulations!
- CTC member Nancy Fritsch recently celebrated her 61st birthday by running for 61 minutes. This could be a great way to commemorate your birthday and exercise at the same time.
- Correction: Marc Keys ran in the Sedalia "Run for the 3rd 8k" with a time of 28:10. We had given Mark Wilson the credit in December's newsletter. Sorry, Marc!
- If you wake up and wonder what to do on a Saturday morning, you can volunteer to help with any upcoming races. Race directors are eternally grateful for any extra helping hands. The St. Pat's 5k and Human Race are a couple of our biggest races, so give the race directors a call!

**Welcome New CTC Members**

David Adams	Columbia
Cindi Heese	Columbia
Mark Livesay	Columbia
Troy McAdams	Salisbury
Jonathan Pellechia	Columbia
Nancy Taube	Columbia
Richard Wieman	Columbia

# CTC Runner Profile



## Tiffany Harris

Age: 10 (almost 11)

### PERSONAL RECORDS:

Long jump: 10' 7.5"

Shot put: 16'

200m: 35 seconds

400m: 1:21.0

800m: 3:14.7

5k: 28:46

**WHEN DID YOU START RUNNING?** three years ago—we have no weekly mileage, we are just very active.

**WHO IS YOUR RUNNING ROLE MODEL?**

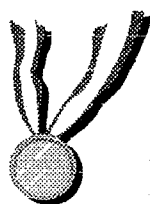
**WHO HAS INFLUENCED YOU MOST IN RUNNING?** My mom and dad influence me the most. They encourage me and support me in all the different things I do.

**DID YOU RUN IN COLLEGE OR HIGH SCHOOL?**

I hope to run in high school and college.

**WHAT IS YOUR FAVORITE WORKOUT?** running back and forth on Barry Road

**WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA?** Barry Road



Elizabeth "Boots" Gerhardt spent the last week of October 1999 in Orlando, Florida at the National Senior Olympics at the Disney Sports Complex.

On October 26, 1999 she competed in the 5k Road Race and placed 6th of 10 competitors in the 75-79 age group. Her time was 37:09.

October 28, 1999, Boots competed in the 10k Road Race and placed second for a silver medal and a time of 1:14:23; the gold medal winner's time was 1:11:56, at age 76.

Boots' daughter, Linda McHenry, Topeka, Kansas, at age 52, won in swimming as follows:

Gold medal—50 meter freestyle: 32:83

Gold medal—200 meter freestyle: 2:50.9

Silver medal—200 individual medley: 3:13.1

Silver medal—100 meter backstroke: 1:32.8

Silver medal—50 meter backstroke

Bronze medal—50 meter butterfly

Boots reported, "I was not in top condition as mileage run last summer was half the usual."

Congratulations, Boots and Linda, for an excellent showing in Florida!!

## The Nut Race

Feb. 5, 2000

## Reactor Park 5K Loop

9 a.m. Start

Thirty hardy runners showed up to run on what turned out to be a picture-perfect weather day for a 5 K race here in the winter. The temperature at the start was 18 or 19 F, the sun was shining, and the slightest of breezes cooled the runners on their way north up the hill. The race started at the top of the hill on the north-west corner of the Reactor Park road, went down the hill, crossed old Providence Road to new Providence Road, went up the hill, turned left to rejoin the Reactor Park road and back to the start. The loop is less than one mile so the runners crossed the first mile mark 250 or so paces on down the hill from the start line. On the third time past the starting line, the runners continued down the hill, around the corner where the Reactor road intersects old Providence Road, and then ran straight to the finish line in front of the drive to the Red Cross building. I'm sure that most of the runners were grateful that they did not have to go up the hill again. The course is deceptively fast with one half of each loop down, one half up, and the finish lower than the start.

Sure enough, like every one of the past Nut Races, the racers found ample opportunity to floor it and see what the shoes would do. Trooper Gary Gundy showed up toward the end of the race, but didn't issue any tickets for speeding. I think he realized that the runners were motivated by nothing more than peanuts.

The women's division was very competitive. In the 35-39 age group, Nancy Taube won the women's division overall and that age group as well with Wells, Walker, and Kerl pushing her. Kelly Knaebel had the 10-14 group all to herself. Nevertheless, she ran a PR and finished 7th overall. The 30-34 age group was won by Polniak, 2nd overall, Gundy 2nd, and Lewis 3rd. Anne Janku was alone in the 40-49 group, and she ran very fast to finish 4th overall.

On the men's side, Bourgeois led until the top of the last downhill where Johnson, who had been a step behind all the way, jumped Stephen. He opened up a 10 meter lead immediately, but Stephen closed over the last 300 meters. Johnson won, Bourgeois was second just 4/10s of a second off, Keys just 10 seconds behind him, and Stonecipher-Fisher one second behind for 4th. Stonecipher-Fisher won the 40-49 age group with Gerald Holtmeyer 2nd just 19 seconds behind. Dane Holtmeyer won the 10-14 age group with brother Travis winning the 15-19 age group. Clay Farris won the 30-34, Johnson the 35-39, and Jim O'Dell won the 50+ group.

Thanks to Don Knaebel for helping at the finish line.

—Race Director Dick Hessler

**Men**

1. Dwayne Johnson (37) 17:28.4
2. Stephen Bourgeois (36) 17:28.8
3. Marc Keys (37) 17:38.1
4. Steve Stonecipher-Fisher (43) 17:39.2
5. Gerald Holtmeyer (40) 17:58.7
6. John Wegholst (44) 18:04.1
7. Travis Holtmeyer (15) 19:01.2
8. Clay Farris (31) 19:59.6
9. Curt Kempf (35) 20:15.2
10. Dan Hooley (49) 20:22.8
11. Rich Reisdorf (31) 21:29.4
12. Drew Hensley (16) 21:57.4
13. Dane Holtmeyer (14) 22:10.2
14. Kurt Kennett (32) 22:19.3
15. Tim Holland (31) 22:21.9

16. Jim O'Dell (56) 23:48.7

17. Robert McGowan (33) 23:52.6

18. John Fougere (34) 24:39.4

19. Jim Peregoy (34) 25:15.1

20. Davis Webber (48) 25:19.0

21. Greg Walker (36) 31:55.8

**Women**

1. Nancy Taube (39 yrs) 21:32.6

2. Jennifer Polniak (32) 22:32.4

3. Lisa Wells (36) 22:38.9

4. Anne Janku (43) 23:13.9

5. Amy Gundy (34) 24:43.5

6. Dannelle Walker (36) 25:14.0

7. Kelly Knaebel (10) 26:41.9

8. Marie Kerl (38) 27:01.8

9. Teiir Lewis (30) 33:17.9

**101.5 KPLA**

• The **BEST MIX** of **SOFT ROCK** •

**St. Patrick's  
Day  
5K RUN**

**Sponsored by Columbia Regional Hospital  
March 18, 2000**

**Registration Form**

# REGISTRATION

NAME (Please Print) \_\_\_\_\_  
Last First MI

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ BIRTHDAY \_\_\_\_\_

AGE ON MARCH 18, 2000 \_\_\_\_\_ T-SHIRT SIZE S M L XL SEX M F

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge 101.5 KPLA, Premier Marketing, Columbia Regional Hospital, University Hospital & Clinics, Central Columbia Association, Columbia Track Club The City of Columbia, Missouri, the County of Boone, or the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, March 18, 2000.

I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health.

Further, I hereby grantfull permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

SIGNATURE \_\_\_\_\_

Parent or Guardian Signature (if under 18)

Mail with entry fee by 5 p.m.,  
March 10, 2000 to:

Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205

or return to:  
Tryathletics  
1605 Chapel Hill Rd.

REGISTRATION DEADLINE - 5 P.M., FRIDAY MARCH 10 2000 \*\* NO LATE ENTRIES



**101.5 KPLA**

• The BEST MIX of SOFT ROCK •

# KPLA St. Patrick's Day 5K

Sponsored by Columbia Regional Hospital  
Columbia Track Club

## When

8 a.m., Saturday March 18, 2000

## Where

Run Headquarters is located at the Boone County Government Center. Map course is outlined on the back of this page.

## Entry Fee

\$12 age 15 and; \$7 age 14 and under.

**Make checks payable to Columbia Track Club.** Mail entry fee with registration to:

Columbia Track Club

P.O. Box 1872

Columbia MO 65205

\*\*For an additional \$15 you can receive membership in the Columbia Track Club for you and all members of your family residing at the same address.

## Registration Deadline:

5 p. m. Friday March 10, 2000

LATE ENTRIES WILL NOT BE ACCEPTED. REGISTRATION IS LIMITED.

## Sponsors

Columbia Regional Hospital  
and Columbia Track Club

## Weather

The run will be held regardless of weather conditions.

## Run Packets

Run packets may be picked up at Tryathletics, 1605 Chapel Hill Rd., noon to 7:00 p.m. on Friday, March 17. Runners unable to pick up their packets may do so on the day of the run from 7:00 a.m. to 7:30 a.m. at run headquarters.

\*\* Participants will forfeit their t-shirts if they do not pick up packets during this time or Saturday prior to the event.

## Results

Run Times are recorded with electronic chronomix timers. A two-sided digital clock will be on display at the finish line. Results will be on display at Tryathletics or on [www.coin.missouri.edu/community/rec-center/track/](http://www.coin.missouri.edu/community/rec-center/track/)

## Run Procedures:

Please be at the starting line no later than 7:45 a.m. Individuals who plan to walk the course are asked to start near the back of the group. NO PETS, BICYCLES STROLLERS OR HEADPHONES

## Parking

Parking is available in the downtown area public parking lots.

## Certified Course

Columbia Track Club certified the 3.1 mile course. Directions for the course go here.

## Awards

Awards Ceremony will be held at Run Headquarters following the run. Awards are presented to first, second and third place finishers in each division age category

# Map of Run

Start - 8th & Walnut  
Finish - 7th & Walnut

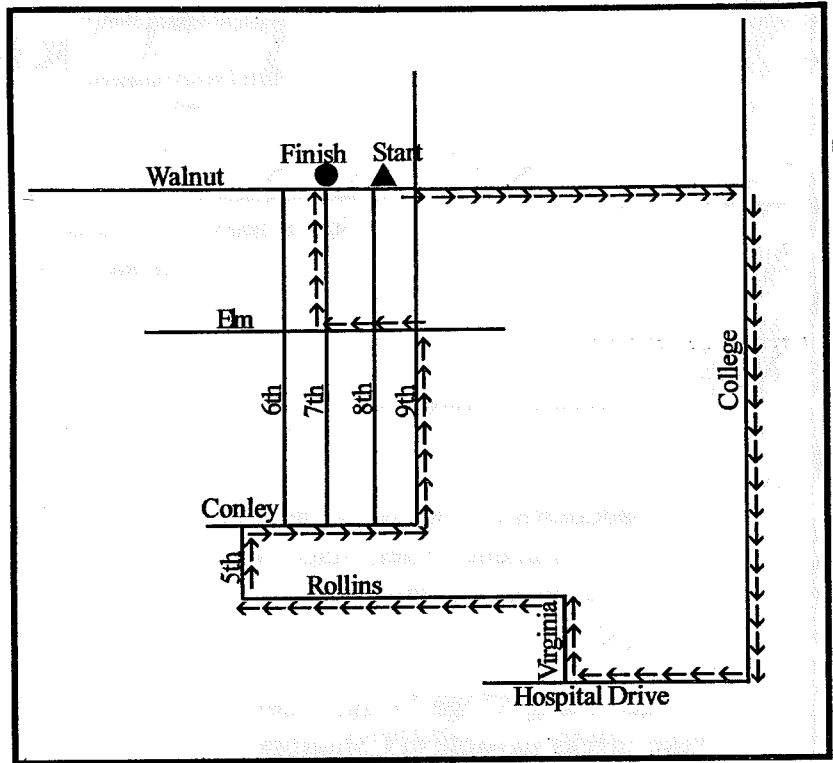
Run Headquarters -  
Boone County Courthouse Square

Parking - Downtown area public  
parking lots

Run Route: Start 8th & Walnut;  
east on Walnut to College;  
south to Hospital Drive;  
west to Virginia; north to Rollins;  
west to 5th; north to Conley; east to 9th;  
north to Elm; west to 7th;  
north to Finish Line at 7th & Walnut

## Age Divisions

9 and under	40-44
10-14	45-49
15-19	50-54
20-24	55-59
25-29	60-69
30-34	70 and over
35-39	



Non-profit  
Organization  
U.S. Postage  
PAID  
Columbia, MO  
Permit #2226

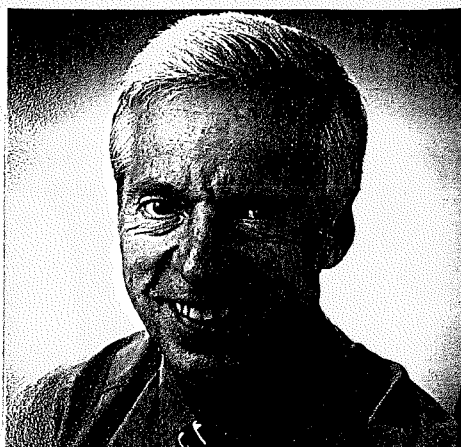
Columbia Track Club  
P.O. Box 1872  
Columbia, MO 65205



# Joe Mark Memorial Human Race XXII

Saturday  
**April 8th**  
8:00 am

REACTOR FIELD  
TO THE  
AUDREY J.  
WALTON  
COMPLEX TRACK



**T-shirts to all entrants!**

Awards given in the  
following age groups:

19 and under  
20-24  
25-29  
30-34  
35-39  
40-44  
45-49  
50-54  
55-59  
60-69  
70+

for men and women.

## *five miles in COLUMBIA*

*a Black & Gold event sponsored by J. Louis Crum Corp. & the Columbia Daily Tribune*

proceeds to benefit the  
Columbia Track Club  
Joe Marks Youth Scholarship



see  
back for  
course

### Joe Marks Memorial Human Race XXI Entry Form

In consideration of the foregoing, I for myself, my executors, administrators and assigns, do hereby release and discharge Columbia Track Club, the University of Missouri, the City of Columbia, Missouri, the County of Boone, and the State of Missouri, from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete this event I have entered on Saturday, April 8, 2000. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Name (please print)

Age

Date of Birth

Sex

M

F

T-shirt size (circle one)

XL

L

M

S

Signature

Signature of parent or guardian if entrant is under 18

Address

City

State

Zip Code

**Entry Fee: \$12** if received by Wednesday, 5 April 2000; **\$15 thereafter.**

MAIL TO **Columbia Track Club**, PO Box 1872, Columbia, MO 65205

-OR-

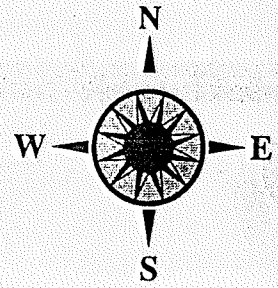
TAKE TO **Tryathletics**, 1607 Chapel Hill Road, Columbia

Make checks payable to Columbia Track Club.

PACKET PICKUP: Friday, 7 April 2000, at Tryathletics (noon - 6pm) OR on race day (7 - 8 am) at **REACTOR FIELD**



Stadium Blvd.



finish

start

Reactor Park Dr.

Providence Rd.

mile 1

mile 4

Columbia  
Daily

**Tribune**

*J. Louis Crum Corporation*

Mechanical Contractor  
Since 1924

West Outer Roadway

Green Meadows

mile 2

mile 3



Bethel

Nifong

## 2000 Columbia Track Club Schedule

3/18	8 am	St. Patrick's Day 5k	\$12	Scott and Paula Rubinstein, 446-8325	Courthouse Square	Long sleeve t-shirts, awards
3/25	8:30 am	CTC 15-k Run	**	Joe Duncan, 445-2684	Holiday Inn Executive Center	Awards
4/1	9 am	Two-Person Relay 5miles, alternate 400's	**	Chuck Sattler, 446-4816	Hickman Track	Age-group awards
4/8	8 am	Joe Marks Memorial Human Race XXII	\$12	Dana Fritz, 445-5484	Reactor Park	T-shirts, awards, proceeds to benefit the CTC Joe Marks Youth Scholarship

\*\* Track club members pay no entry fee; \$3 for non-members

## Out-of-Town Events

- February 19 Polar Bear 5k/10k, Bolivar, MO, 11 am, (417) 326-3054  
 20 Third Olympiad Marathon and 10k, St. Louis, (314) 434-9577  
 Austin Marathon, Austin, TX, (515) 505-8304  
 25 Cox Indoor Triathlon, Springfield, MO, (417) 269-3282  
 26 Blue Angel Marathon, Pensacola, FL, (850) 452-2843  
 Cowtown Marathon, Fort Worth, TX, (817) 735-2033  
 Lung Run Half-Marathon, Little Rock, AR, 800-880-5864
- March 27 Indoor Triathlon, St. Joseph, MO, 8 am, (816) 232-3344  
 4 Truffle Shuffle 4 mile run/walk, Overland Park, KS, 8:30 am, (913) 764-7656  
 5 Hibernian 5k, Fairview Heights, IL, 8:30 am, (618) 628-9898  
 Los Angeles Marathon, Los Angeles, CA, 8:45 am, (310) 444-5544  
 11 No Frills racing series 5 mile, LaPlatte, NE, 10:00 am, (9402) 293-7633  
 The Budweiser St. Patrick Day Parade Run 5 mile, St. Louis, MO, 9:30 am, (314) 231-2598  
 12 Brew to Brew Relay, Kansas City, MO, 6:00am, (816) 578-4565  
 18 Mountain Goat 9M/3M, Danville, IL, 10:30 am, (217) 443-6252  
 19 Westport Trish Jig & Jog 10k/1 mile/100 yd. dash, Kansas City, MO, 9 am, (913) 469-4090  
 25 Paws and Claws 5 mile/2 mile, Huntsville, AR, (501) 677-2875  
 Katy Trail 10k/5k, Clinton, MO, (660) 885-5511  
 26 Sedalia Half-Marathon, 9 am, (660) 827-0274  
 Garry Gribble's Running Sports Half-Marathon/5k, Overland Pk, KS, 8 am, (913) 469-4090  
 Metro/Airport U City 9 mile, University City, MO (314) 727-4441
- April 17 Boston Marathon, 12 noon, Hopkinton, MA



## CTC Membership Application

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

Members of family at this address and their birthdates:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. For \$30.00 you can become a member of CTC and subscribe to *Missouri Runner*, Missouri's premier running magazine. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC	_____ \$15.00 dues
P.O. Box 1872	_____ \$40.00 "Silver Card" membership
Columbia, MO 65205	_____ \$30.00 CTC member PLUS MO Runner

## COLUMBIA TRACK CLUB **NEWS**

P.O. Box 1872  
Columbia, MO 65205

FORWARDING SERVICE  
REQUESTED

Non-profit organization  
U.S. Postage  
PAID  
Columbia, MO  
Permit #226

Joe Duncan  
2980 Maple Bluff Drive  
Columbia, MO 65203-0614

12/00