# COLUMBIA TRACK CLUB

# NEWS

Volume XXXIII No. 3

May 2000



April 8, 2000 Start marking your calendars now. Count on the Human Race next year to be a cool one. The Joe Marks Memorial Human Race, for the second year running, was held on the one cold day amidst an otherwise unseasonably warm spell. Good running weather overall (chilly and sunny), except

for a nasty head wind pushing runners away from the finish on the MU Audrey J. Walton Track. The course was rated as "tough" and "challenging" by most runners, so if the mood strikes you, come out next year and show what you got. The race benefits the CTC Youth Scholarship. Many thanks are in order to the volunteers and sponsors who made this event possible. Thanks to Darrin Young for lending moral support at packet pick-up, and to Robin May for behind the scenes work. Will, of Tryathletics, led the race on bicycle, and this was very much appreciated. Thanks also to Fuzzy Fritz, Dan Fritz, and Randy Gay for help guiding runners through intersections. Thanks to those shouting mile splits: Eric Walker and Newell Kitchen. Thanks go to Eric Fritz and Melanie Lising who passed out water at the aid station. Thanks finally to finish line volunteers: Tom Allen, Scott Dressel, Kathy, Dan Marks, and Mary Marks. Mary Marks and her son, Dan, distributed trophies to age group winners. Joe Duncan and Dana Fritz will direct this race next year. Contact Dana Fritz (445-5484) with your suggestions and comments. We are indebted to our gracious sponsors: J. Louis Crum Corporation, Columbia Daily Tribune, Columbia Track Club, Culligan Water, and Tryathletics.

—Race Director Dana Fritz

(For race results, see page 4)

WellAware 5k

Memorial Day Monday, May 29 10:00 am

This race benefits the CTC Colts, our young tracksters. Come out to run, walk, or help out.

Tip of the Month

"One of the appeals of an endurance sport is that you can overcome a lack of natural ability—considered by many the most essential ingredient for success—with dedication and training."

Hal Higdon, <u>Run Fast,</u> p.27

### Two-Person Relay

April 1. 2000

Three teams took advantage of the nearly perfect weather and participated in this year's Two-Person Relay. The race was held on Saturday April 1 at the Hickman High School Track.

Aaron Aaker and Jeff Brault defended their title and again won the race in a time of 23:38. They beat the record they had set in 1999 by 13 seconds. Aaron and Jeff's time works out to an average of just under 71 seconds for each 400 meter lap.

Two father and daughter teams rounded out the event. Amy Gundy and Dick Hessler came in second with a time of 32:16. Katie Philbrick and Dan Philbrick came in third with a time of 36:04.

The Two-Person Relay has a unique format where the two team members alternate running every 400 meters through a total distance of 8K. Participants received gift certificates to the Chesapeake Bagel Bakery.

Thanks to Rick Kindhart for helping time the race. More detailed race results can be found on the CTC web site.

	Placing Team Members	Time		
1	Aaron Aaker, Jeff Brault	23:38		, egger
2	Amy Gundy, Dick Hessler	32:16		
3	Katie Philbrick, Dan Philbrick	36:04	-Race Director Chuc	k Sattler

#### 25 years ago

### **Looking Back**

#### By Joe Duncan

May 3, 1975 Four Mile Relay (Four X one mile), Reactor Park: Seven teams. Brian's Bunch (Brian Cooper, Keith Coolidge, Rick Katz, Dennis Stewart) wins with 18:44; Stewart's 4:28 is the fast mile of the day. Ben Londeree was the fastest 40+ with 4:47. Among the teams were the Wood Runners, The Marks Mob, Duncan's Drags, and the Noon Groupies.

May 17, 1975 3,2,1, Triathlon: 1. Katz 29:47 (15:04 3 mile, 9:58 2 mile, 4:45 mile); 2. Hessler 31:45 (16:20, 10:28, 4:57); 3. Londeree 31:45.3 (16:24, 10:26, 4:55.3). . . Hicks 16:25, 10:38, 5:17. . Don Lewis 17:24, 10:18, 5;13. . . Doug Duncan, 14, 20:42, 14:27, 6:51.

May 31, 1975 6 Mile Great Sandbagger: Jan Frazer, wife of Rex Frazer, and Jim Pinkerton both ran 4:30 faster than their predictions and were first across the finish line to win this handicap event. Those with the slowest predictions start first, and those with the fastest start last. Fast time of the day went to Charlie Evans with 32:40. Dick Hessler was at 33:30, Ben Londeree at 34:28, Don Lewis 34:49, and Whitney Hicks at 35:01. John Leuthold, at age 10, had 48:57. Turk Storvick, age 47, was at 38:44.

#### **CTC Board of Directors**

Dick Hessler, president

Tom Allen, secretary-

treasurer Mark Wilson Randy Gay Joe Duncan

Jeanine Pagan

Mark Volek
Curt Kempf
Jay Hasheider

Linda LaFontaine

Amy Gundy Marc Keys

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

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

# Running Shorts. .

- ◆ CTC member Angela Hessler ran a personal best in the 1500 at the ripe old age of 27! The event was the Woody Wilson Invitational in Davis, CA, and she ran the 1500m in 5:00.25. Way to go, Angela!
- The Summer Program begins June 14 at 6:00 pm. The six-week track program for kids of all ages will be held at MU track. Come participate or volunteer.
- ◆ There is a new kids' running website: www.kidsrunning.com



- We reported last month that Jay Hasheider is organizing a fund raising effort for installation of a water fountain at the Forum MKT parking lot. If interested in helping out or donating money, please call Jay at 449-8045, or 874-7685.
- ◆ CTC member Marie Marchbank reports there will be a 5k/10k run September 30. This event will raise money for MU's Physical Therapy program and for the American Cancer Society. Both races will begin and end at Lewis Hall on campus. Entry forms will become available in the newsletter later in the summer. For further information, contact Marie at 446-6878 or the faculty advisor, Carmen Abbott at 882-7103. In addition to awards there will be free gifts, info booths, and a massage booth.

#### Welcome New CTC Members

Aaron Aaker

Columbia

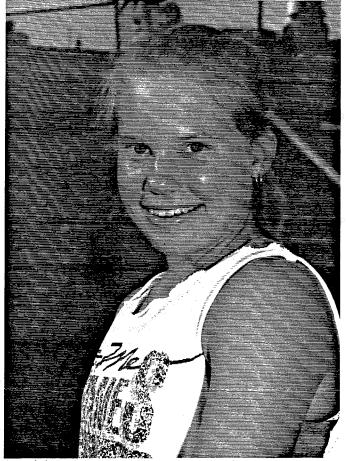
Lynn Hagen

Columbia

Jeannette Watka

Columbia

# CTC Runner Profile



# Melissa Pagan

Age: 21

PERSONAL RECORDS:

5k 20:45 400m 66 seconds 800m 2:34

1500m 5:20

**WEEKLY MILEAGE:** off-season: 30 miles per week, in-season: 40-55 miles per week

WHEN DID YOU START RUNNING? 5th grade CCS track

WHO IS YOUR RUNNING ROLE MODEL?
WHO HAS INFLUENCED YOU MOST IN RUN-

NING? The Hessler family has influenced my running the most as they encouraged me to run. One of my running role models is Jackie Joyner-Kersee due to her ability to compete well while having asthma. I, too, have asthma and have enjoyed watching her excel while dealing with asthma.

DID YOU RUN IN COLLEGE OR HIGH

**SCHOOL?** I ran for Hickman High School. I was a four year varsity runner in Track and Cross Country.

At Hickman I went to state in 1995 in cross country. I am a member of the team holding the record in the 4 X 1600m along with Rachel Williams, Angie Haddock, and Melissa Scrabel. I currently run for St. Ambrose University on the track and cross country teams. At St. Ambrose I hold the record in the steeple chase and am a member of the 4 X 800 meter relay record holding team. In addition, I was named an NAIA Academic All-American during the 1999 cross country season.

WHAT IS YOUR FAVORITE WORKOUT? Indian runs of any distance

WHAT IS YOUR FAVORITE TRAINING ROUTE IN COLUMBIA? Rock Bridge park

**PERSONAL INFO AND INTERESTS:** Recently I have taken up pole vaulting and have been competing for St. Ambrose. I vaulted a personal best of 8 feet 6 inches this year before breaking my foot right before Easter. *Note:* Melissa's mom reported last August Melissa competed in the State Games of America in St. Louis. She won her age group in the 5k. Having previously qualified as a medal winner in the Show-Me Games in 1998, Melissa competed last August in the first National State Games held. There were 17 states participating, and Melissa proudly wore her **CTC Colts** singlet. The results will stand for two years as national records. Melissa's mom also reports the 2000 Show-Me Games medal qualifiers may be eligible to participate in the Games of America in 2001.

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Editor's Note:				
We will print the results from the Show-Me Stampede 5k held April 29,	2000 in	n next r	nonth's is	<b>-</b> []
sue. In addition, we will profile the Joe Marks Youth Scholarship winners.				П

<b>Human Race Resu</b>			April 8,		49. Eric Smitherman	M	23	41:23		
Place Name	Sex	A	ge Time	Age Group	50. Amy Gundy	F	34	41:49	2	6
Place					51. Steven Graves	M	53	41:50	3	
<ol> <li>Owen Donahue</li> </ol>	M	22	25:52	1	52. Jim O'Dell	M	56	42:06	3	
2. Christian Reed	M	29	27:16	1	53. Jeff Wells	M	41	42:12	3	
3. Jack Preus	M	22	28:15	2	54. Matthew Mouw	M	29	42:29		
4. Tim Langen	M	31	28:53	1	55. Bill Morgan	M	49	42:38		
5. Stephen Bourgeois	M	36	29:40	1	56. Marvin Mack	M	48	43:27		
6. Tom May	M	33	30:30	2	57. Kenneth Bartley	M	43	44:12		
7. George Stevenson	M	18	31:02	1	58. Hannah Hassemer		12	44:43	1	
8. Craig Israelson	M	40	31:07	1	59. Mary Roberts	F	53	44:47	1	
9. Chris Cook	M	28	31:42	2	60. Patrick Feehan	М	49	45:05		
10. Darrin Young	M	33	33:10	3	61. Greg Luebbert	M	39	45:14		
11. Phil Schaefer	M	46	33:18	1	62. Teri Walden	F	35	45:23		
12. Tom Davis	M	47	33:32	2	63. Bill Stockglausner		49	45:36		
13. Rudy Kelley	M	52	33:40	1 v v	64. J.B. Waggoner	M	31	45:52		
14. James Jackson	M	27	34:15	2	65. Scott Worthington		30	46:03		
15. Carl Gardner	M	34	35:54		66. Bob Humphreys	M	73	46:05	1	
16. Ted Brandt	M	30	36:05		67. Robin Gray	F	26	46:18	1	
17. Tina McCloskey	F	21	36:06	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	68. Paul Schneider	M	31	46:30		
18. John Hilveat	M	30	36:43	all and a surprise of the figure	69. Ramona Mack		39			
19. Jeff Clodi	M	30				F		46:40		
20. Richard Nistendirl			37:14	1 - 3350 - 5 - 5	70. Fran Salia	F	38	46:59		
The Administration of the American Control of the C		60	37:22	1 \$150 150	71. Thomas Highland	M	52	47:21		
21. Lisa Wells	F	36	38:03		72. Nathan Meyer	M	22	47:26	_	
22. Chris Janku	M	47	38:16	3	73. Don Waltman	M	64	48:54	2	
23. Ryland Rodes	M	40	38:28	2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -	74. Jennifer Tyson	F	23	48:56		
24. Rusty Crawford	M	31	38:31	en desta de la Alexaño.	75. Neal Miller	M	56	48:58		
25. Bill Langen	M	56	38:40	1 shippingship	76. Andrea Woods	F	53	49:11	2	
26. Curtis Bourgeois	M	39	39:13	2 the spanish of the	77. Janet Brandt	F	48	49:23	2	
27. Dean Stover	M	39	39:19	3 www. Year of year	78. Mindy Powell	F	21	49:44		
28. Anne Janku				1 and additions (1)	79. Gina Muzzy	F	38	50:22		
29. Shannon Moore	M	28	39:32		80. William Robinson		48	50:29		
30. Mark Dietzel	M	31	39:33		81. Rebecca Highland		33	50:32	3	
31. Julie Reuschel	F	27	39:35	1	82. Barney Sword	M	68	50:50	3	
32. Tashel Bordere	F	25	39:39	2	83. Allen Tacker	M	54	51:04		
33. Amy ZimmermanF	7	24	39:40	2	84. Tim Reuschel	M	26	51:16		
34. Angeline DeiSante	F	23	39:41	3	85. Marie Kerl	F	38	51:21		
35. Lee Trammell	M	49	39:53		86. Laura Wells	F	59	51:22	1	
36. Jill Videto	F	25	39:55	3	87. Martha Patton	F	47	51:43	3	
37. Mary Mouw	F	30	40:01	1	88. Julie Dougherty	F	33	42:14		
38. Joel Braden	M	22	40:02	3	89. Maria Worthington	n F	29	52:17		
39. John Gage	M	45	40:15		90. Aedryan Cox	M	10	42:30	2	
40. Cindy Buck	F	28	40:16		91. Seth Binkley	M	10	52:31	3	
41. Lisa Burger	F	37	40:17	2	92. Zachary Wright	M	10	52:33		
42. Sean Wright	M	22	40:23		93. Leslie Matthews	<b>F</b>	38	52:44		
43. Sonya Link	F	26	40:26		94. Darcy Ames	F	27	52:54		
44. Clint Humphrey	M	23	40:45		95. Chellie Cox	F	31	53:08		
45. Dan Schuppan	M	54	40:46	2	96. Scott Horman	M	23	54:44		
46. Elaine Foster	F	48	40:50	1	97. Samuel Wimsett	M	22	56:15		
47. Erika Ringdahl	F	35	41:10	3	> Sumuel Willisett	141	44	50.15		1
48. Joe Goldfarb	M	59	41:21	2		=		(Ca	ntinued o	on page 5)
TO. JOS COIGIAID	TAT	J 7	71.41	<b>4</b>						

Columbia Track Club



Memorial Day - Monday, May 29, 2000 - 10 a.m.

#### **Awards**

Top three males and females 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65+. **Walkers:** 1<sup>st</sup> place only; 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.

#### Cost

\$12 on or before 5/24, \$15 after 5/24 Additional donations to CTC Colts will be gladly accepted. Course Map on Back of Entry Form

#### **Sponsors**

Boone Hospital Center's WELLAWARE
The Columbia Track Club
Proceeds to CTC Colts (Youth Programs)

#### **Packet Pickup**

At WELLAWARE Nifong, 10 W. Nifong

Friday- 5/26

3 p.m. - 7 p.m.

Saturday- 5/27 Race Day8 a.m. - Noon 8 a.m. - 9:30 a.m.

<b>Entry Form</b>	
Name:	

City:

Please Check: Walker Runner

Race Fee Donation to CTC Colts

#### Mail or Drop Off

WELLAWARE 5K 10 W. Nifong Blvd., Ste. G

Columbia, MO 65203

(573)815-6899

-OR-

WELLAWARE 5K

1701 E. Broadway

Stephens Park Bldg., ground floor

Columbia, MO 65201

(573)815-6899

-OR-

**WELLAWARE 5K** 

**Tryatheltics** 

1605 Chapel Hill Rd.

Columbia, MO 65203

(573)447-2453

Waiver: (Participants under age 18 must have guardian signature to be accepted)

I am aware that participating in a running/walking event is potentially hazardous. I am aware I should be properly trained and medically able to enter a running/walking event. I willingly assume the risks of running on public streets and assume any and all other risks that are foreseen and unforeseen, including, but not limited to, the risks of falls, the effects of weather, condition of roads, and the probability of increased risk if I am inadequately trained or medically impaired. I understand that any rule interpretation is determined by the race director and his judgement will be final.

Knowing these and other facts, and in consideration of your accepting my entry to participate in the WELLAWARE 5K, I hereby, for myself, heirs, personal representative, and anyone else who may claim on my behalf, covenant not to sue, and waive and release Boone Hospital Center, the BJC Health System, the Columbia Track Club, the City of Columbia, including their agents, employees or others acting on behalf of those entries from any and all claims of liability for death, personal injury and property damage of any kind, arising out of or in the course of my participation in this event. I so promise that I will not wear headphones while participating in this race. Further, I hereby grant full permission to any and all of the foregoing to se any photographs, video graphs, motion picture recordings, or any other record of this event for any purpose whatsoever.

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# 1 ST ANNUAL

**BOONSLICK KIWANIS** 

# JEFF SHIKLES MEMORIAL

80

RUN/WALK

Sunday May 21st, 2000
Start Time @ 8:00 am
Start and Finish on Sudbury St.
(See map on Back)
T-Shirts for all entrants
Prizes and Awards to be presented



Sponsors:
Noah's Ark Animal and Bird Clinic
Rolling Hills Veterinary Hospital
Schauf Pet Hospital
Horton Animal Hospital
McHugh Veterinary Service
Columbia Veterinary Hospital
Wildwood Team - Wildwood Stables

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# PROCEEDS TO BENEFIT THE CEDAR CREEK RIDING ACADEMY

Jeff Shikles D.V.M was an exceptional member of Boonslick Kiwanis and a veterinarian truly loved by his clients and by their owners as well. He was involved with the Cedar Creek Riding Academy as a board member and as their veterinarian. We remember Jeff with great affection for the friendship and joy of life he brought to all of us.

Address:	City:	State: Zip:
E-mail:	Date of Birth:/_/	T-shirt Size: XL L M S
Columbia, the Kiwanis Clubs of Columbia County of Boone, and the State of Misson arising or growing out of my participation condition to complete this event I have er myself to be removed from competition if	of, my executors, administrators and assigns, do hereby to ia, Missouri, Kiwanis International, the Columbia Tracturi, from all claims of damages, demands, actions, and on in said event. I certify that I have prepared myself for intered on Sunday, May 21, 2000. I agree to follow all ref, in the opinion of the run medical personnel, my continual of the foregoing to use any photographs, videotapes, a soever.	k Club, the City of Columbia, Missouri, the causes of action whatsoever, in any manner r this event and that I am in adequate physical ules of this run/walk event and to permit nuing would endanger my health. Further, I
Participant's Signature:	· · · · · · · · · · · · · · · · · · ·	Date:
Parent/Guardian Signature (If parti	cipant under 18):	



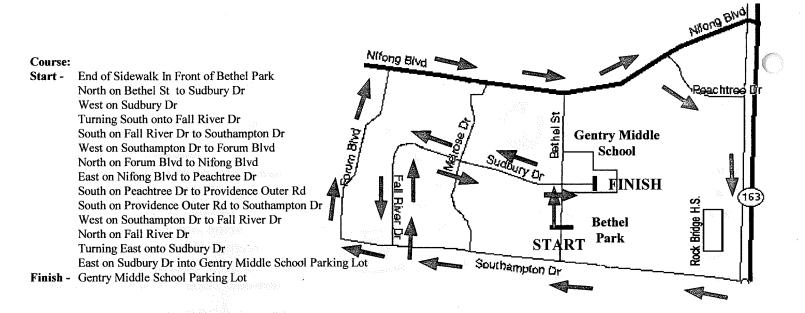
Name (please print):

Entry Fee: \$10.00 (\$12.00 Day of Race) Early Registration Deadline: May 19<sup>th</sup>
Return this portion with entry fee to:

8K Run/Walk 4651 S Scott Blvd Columbia, MO 65203 Or drop off at **Tri-Athletics** 



Gender: M E



## 2000 Columbia Track Club Schedule

5/13	8 am	Spring Couples Run/Walk 4 miles; individuals welcome	**	Amy Gundy, 874-2407	Bethel Park	Male-Female teams, dinner awards
5/29	10 am	WellAware 5k	\$12	Mark Volek, 874-0278	WellAware on Peachtree	T-shirts, awards, Proceeds to benefit CTC Colts youth
5/13	7 pm	Summer All-Comers Track Events		Marc Keys, 256-2635	MU Track	Various track events will be held June 27, July 11, 22, 25, and Aug. 1 and 15
6/14	6 pm	Summer Youth Program	<b>\$</b> 1	Tom Allen, 449-5655 Linda LaFontaine, 442-2581	MU Track	The Summer Program runs for six consecutive Wednesday nights.

<sup>\*\*</sup> Track club members pay no entry fee; \$3 for non-members

## Out-of-Town Events

May	13	Chevy's Cinco de Mayo 5k, Ellisville, MO, 8:30 am, (314) 926-0505
•		Joplin State Classic 2mile/5k/10k, (4417) 782-3273
		Kitchen 5k, Springfield, MO, 8:00 am, (417) 831-8662
		Macon Family Run/walk 5 mile/2 mile, 9:00am, (660) 385-6610
		Mother's Day 5k, Jefferson City, 8:00 am, (573) 635-4299
	14	Flying Pig Marathon, Cincinnati, OH, (513) 721-7447
	•	. 101 9 . 611 160 000 (415) 064 0015



- 20 Conservation 10k, Springfield, MO, 8:00 am, (417) 864-2015
  Y Not Run 5k, Joplin, MO, (417) 623-5854
  Pattonville Wellness 5k/1 mile, Maryland Heights, MO, 8:30 am, (314) 213-8010
- 21 YMCA Plaza Run 5k/10k, Kansas City, MO, 7:30 am, (816) 561-8122, ext. 334 Day in May Biathlon Run-Bike, Cape Girardeau, MO, (573) 243-3568
- Andy Payne Marathon, Oklahoma City, OK, (405) 236-2800
   Torch Run 5k, Joplin, MO, (417) 623-5854
   Majic 108/Hardees 5k, St. Louis, 8:30 am, (314) 241-7668, ext. 14
- 28 Med-City Marathon, Rochester, MN, (507) 282-1411

				107. Vicki Freelon	F	46	1:06:16	
inued	<b>:</b>			108. Richard Logsdon	M	46	1:09:32	
M	39	56:16		109. Danny Diaz-Arias	M	13	1:12:34	
M	50	57:18		110. Elizabeth Gerhardt	F	<b>7</b> 9	1:15:35	1
M	35	57:47		111. Joe Cragin	M	72	1:15:36	2
M	7	58:14		•	Æ			
M	42	58:14			190			
F	44	59:08	2	fit.		je.		
F	40	59:40	3				i	
M	53	59:42				•		
F	51	1:03:03	3		4()			
	M M M M F F	M 50 M 35 M 7 M 42 F 44 F 40 M 53	M 39 56:16 M 50 57:18 M 35 57:47 M 7 58:14 M 42 58:14 F 44 59:08 F 40 59:40 M 53 59:42	M 39 56:16 M 50 57:18 M 35 57:47 M 7 58:14 M 42 58:14 F 44 59:08 2 F 40 59:40 3 M 53 59:42	inued:  M 39 56:16  M 50 57:18  M 35 57:47  M 7 58:14  M 42 58:14  F 44 59:08 2 F 40 59:40 3 M 53 59:42	inued:  M 39 56:16  M 50 57:18  M 35 57:47  M 7 58:14  M 42 58:14  F 44 59:08 2 F 40 59:40 3 M 53 59:42	inued:  108. Richard Logsdon M 46  M 39 56:16 109. Danny Diaz-Arias M 13  M 50 57:18 110. Elizabeth Gerhardt F 79  M 35 57:47 111. Joe Cragin M 72  M 7 58:14  M 42 58:14  F 44 59:08 2  F 40 59:40 3  M 53 59:42	inued:  M 39 56:16  M 50 57:18  M 35 57:47  M 7 58:14  M 42 58:14  F 44 59:08 2 F 40 59:40 3 M 53 59:42

#### **CTC Membership Application**

NAME:	В	IRTHDATE		
ADDRESS:				
CITY:	STATE:	ZIP:		
PHONE:				•
Members of family at this address and t	their birthdates:			
			word St.	3 544-025 W
Annual fees are \$15, which covers all fa membership (tax deductible) costs \$40, you can become a member of CTC and	with the additiona	1\$25 going t	e household. A o the CTC Scho	"Silver Card" blarship fund. For \$
Please make checks payable to COLUM		UB and send	to:	mer running magaz
CTC		·	00 dues	
P.O. Box 1872 Columbia, MO 65205				' membership r PLUS MO Runne

# 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

12/00

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

